

Recipe – Cherry Walnut Quinoa Salad

Ingredients:

2 cups quinoa (dry)
4 cups water
2 tbsp olive oil
¼ cup shallots (minced)
¼ cup medium red onion (minced)
½ cup unsweetened dried cherries
½ cup raw walnuts
3 cups spinach
2 tbsp tamari soy sauce or to taste
1 medium lemon (juice)
½ cup fresh parsley chopped
Sea salt and pepper to taste

Instructions:

Rinse quinoa thoroughly and drain

In a large, heavy saucepan, over med-high heat, add quinoa and water and bring to a boil

Reduce heat to a simmer; cover and cook until all the water is absorbed (10-15 minutes), when done, the grain appears translucent and the germ ring will be visible

While quinoa is cooking, in a medium skillet, sauté shallots and onions in olive oil until translucent and sweet

Add tamari soy sauce, chopped spinach, cherries, and walnuts

Sauté for 1-2 minutes; do not cook too long or hot

Transfer quinoa to a large bowl and cool

Combine with sauté mixture

Add fresh squeezed lemon juice, parsley, and favorite spices to taste

Salad may be made a day ahead and chilled

Bring to room temperature before serving