

**Recipe for:** Quinoa Salad

**Ingredients:**

1 cup quinoa  
1 cup of water  
1 cup organic vegetable broth  
2 large carrots, peeled and diced  
3 large celery stalks, diced  
1 large red bell pepper, seeded and diced  
3 scallions, sliced  
2 Tbsp. minced parsley

**Dressing:**

1 cup rice vinegar  
2 Tbsp. water  
2 tsp. olive oil  
2 garlic cloves, minced  
Salt and pepper to taste

**Preparation:**

Rinse the quinoa in a fine mesh sieve under running water for 1 minute.  
Bring the water/broth mixture to a boil in a saucepan.  
Slowly add the quinoa and bring to a boil.  
Lower the heat, cover and simmer for 15 minutes.  
Meanwhile, prepare all of the vegetables and place them in a salad bowl.  
Whisk together the dressing ingredients and set aside.  
Remove the quinoa to a bowl and let it cool to room temperature.  
Add the vegetables and dressing, and then toss.  
Refrigerate 1/2 hour before serving.