

# Red Quinoa Chop Salad

## Ingredients:

- \* 1 cup red quinoa prepared in vegetable broth
- \* 2 cups broccoli, chopped
- \* 2 cups cauliflower, chopped
- \* 2 cups carrots, chopped
- \* 1 cup radishes
- \* 1 cup green onions
- \* 1 cup dried cranberries
- \* Garnish: sunflower seeds

## Dressing:

- \* 4 tbsp olive oil
- \* 2 tbsp balsamic vinegar
- \* 1 tsp sea salt
- \* Dash of honey
- \* Lemon juice to taste



## Directions:

Prepare quinoa according to package directions, substituting vegetable broth for water. Chop vegetables in small bite-size pieces and mix with cooked quinoa. Whisk dressing ingredients and toss with salad. Sprinkle with sunflower seeds.

Quinoa is an amino acid-rich (protein) seed. It is a relative of leafy green vegetables like spinach and Swiss chard.

