

Recipe

Crunchy Quinoa Salad

Ingredients:

- 1 c organic quinoa
- 2 c water
- ½ c diced organic carrots
- 2 bunches organic green onions, sliced
- ½ c diced organic celery
- ½ c chopped almonds
- ½ c lightly soaked arame, chopped
- ¼ c tamari
- ¼ c tahini
- ¼ c mirin
- 1 T gomashio

Directions:

Toast the quinoa in a medium pot for 2 – 3 minutes, or until the grains begin to brown.

Add the water and bring to a boil; cover and simmer for 30 minutes, then remove from the heat and let stand for 10 minutes.

While the quinoa is cooking, combine the carrots, green onions, celery, almonds and arame in a large mixing bowl.

In a separate smaller bowl, make the dressing by combining the tamari, tahini, mirin and gomashio.

Stir the dressing into the vegetable mixture, next add in the quinoa and stir through.

Chill slightly before serving.