

BROCCOLI QUINOA SALAD

INGREDIENTS

- 4 C Vegetable Broth
- 2 C Quinoa

- 3 C Broccoli (cut into small flowerettes)
- 1/2 C Red Onion (chopped)
- 1 Carrot (grated)
- 1/2 C Red Pepper (chopped into small squares) **OR** small sticks



DRESSING

- 1/4 C Extra virgin olive oil
- 1/4 C Apple Cider Vinegar **OR** Lemon juice
- 1 T Tamari (Low Salt)
- 1 T Honey **OR** Agave Nectar
- 2 t Dijon mustard
- 1 clove Garlic (minced)
- 1 t Hot Sauce **OR** Chili Sauce



- 1 Place vegetable broth in a 5 qt. covered pot on medium high temperature
- 2 When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 3 If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 4 Steam broccoli for 10 minutes or shorter because you want it to remain bright green
- 5 Chop the onion & pepper & grate the carrot
- 6 When broccoli & quinoa have cooled toss them together with the vegetables
- 7 Wisk dressing ingredients & pour over salad tossing until mixed thoroughly

NOTES

If you're not using Ancient Harvest Quinoa, you should soak your quinoa in cold water for 15 minutes & then drain the remaining water before cooking the quinoa



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