



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Quinoa Salad

Serves 4

1/2 cup quinoa, rinsed
1 cup water

Mix ingredients together in a medium sized sauce pan then bring to a boil
Cover pot and reduce heat to minimum for 15 minutes
Remove pot from heat and allow to stand for 5 minutes - leave cover on pot
Fluff quinoa with a fork and allow to cool

Meanwhile

1 ½ cups heirloom cherry tomatoes, halved
1 yellow bell pepper, seeded and diced
½ fennel bulb, sliced thin
¼ red onion, sliced thin
2 tablespoon pine nuts, lightly toasted in a skillet
8 large fresh basil leaves, sliced in strips

Dressing

In a mason jar combine:

½ teaspoon sea salt
1 clove of garlic, pressed through garlic press
½ teaspoon Dijon mustard
2 teaspoons maple syrup
2 tablespoons white wine vinegar
¼ cup extra virgin olive oil

Shake well

Place quinoa, veggies, nuts in a large bowl. Pour dressing over all and toss well.

Serve immediately or cover and chill until needed - 1 day

THE LOVE: You can easily play around with this recipe. Use whatever combination of raw vegetables that you like and experiment with your choice of herb. Just make sure that everything is really fresh!

