



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

Spicy Quinoa Salad with Pepitas and Fresh Herbs

Serves 4-6

1 1/2 cups water
1 cup quinoa, rinsed well
1/2 cup pepitas (raw green pumpkin seeds)
1/2 cup fresh cilantro, leaves only
2 large garlic cloves, peeled and minced
1 red hot chili pepper, seeded, chopped
1/2 teaspoon sea salt
1/4 cup extra virgin olive oil
Juice of 1 lime
1 large red bell pepper, seeded and diced
5 chive spears, snipped
2 radish, thinly sliced
19 ounce can black beans, well rinsed

In a small pot, bring water to boil over high heat then add quinoa. Return to a boil, cover, reduce heat to low and simmer 15 minutes or until all water is absorbed.

Fluff with a fork. Let stand, covered, 5 minutes to finish steaming.

While quinoa is cooking, in a small skillet over medium-high heat, toast pepitas, shaking pan until they begin to brown and become fragrant, 3-5 minutes. Set aside.

In a large salad bowl, squeeze the lime then add garlic, and salt. Slowly whisk in the olive oil.

Add remaining ingredients and toss well.

Serve warm, at room temperature or cold.

THE LOVE: Don't skip rinsing the quinoa!