

Dr. Nat's Satisfying Summer Salad

Quinoa is my FAVOURITE grain.

Why, you ask?

1. It's a gluten-free complex carbohydrate, with a low glycemic index. This is KEY for weight management!
2. It's the only grain that contains ALL 9 essential amino acids, meaning it's a complete source of protein. Quinoa is tasty, hearty, and versatile. You can use quinoa as a side dish (replace white potatoes, white rice, or pasta) ...transform it into a breakfast "porridge" by adding extra water and cooking a little longer... use it for baking deserts...or even add to soups, stews, and **salads!** Which brings me to the main attraction...

Ingredients

1 cup uncooked quinoa, rinsed in cold water

1.5 cups water

1 red pepper, chopped

1 yellow pepper, chopped

$\frac{1}{2}$ medium sized red onion, finely chopped

$\frac{1}{2}$ cup grated or minced carrot

$\frac{1}{2}$ cup dried cranberries

$\frac{1}{4}$ cup chopped fresh cilantro

$\frac{1}{4}$ cup sliced almonds

Dressing

Juice of one lime

4 tablespoons extra virgin, cold pressed olive oil

1 tbsp honey or maple syrup

Quick directions: Basically, you cook the quinoa, add the chopped veggies and toss it all in the dressing.

Extended version:

1. Combine quinoa and water in a pot, bring to boil, simmer for approx 15 mins. Let cool.
2. Chop veggies and herbs, mix together in a large bowl.
3. Blend or stir dressing ingredients.
4. Add the quinoa and dressing to the veggies and stir it up, little darlin'.
5. Add salt, pepper to taste.
6. Allow it to chill in the refrigerator.

This salad will last for a few days, so it's great to keep on hand when you're too busy to cook during the week!

Serve this salad straight up, on a bed of lettuce, or as a side dish to your main meal. Add $\frac{1}{2}$ cup chopped chicken breast or top with goat cheese for an extra somethin' somethin'.

Dr. Natalie Bozinovski MSc. ND.

www.healthandthecity.com