

# Quinoa Salad

## **Ingredients**

1 cup uncooked quinoa  
2 green squash  
2 yellow squash  
2 carrots  
3 T vegetable oil  
1 medium red onion  
2 lemons juiced  
salt and pepper to taste  
1 bunch parsley

## **Method**

1. soak the quinoa in cold water for 20 minutes
2. in a medium pot boil 2 quarts of water
3. rinse the quinoa three times or until the water is clear
4. add the quinoa to the boiling water and boil for 6 to 8 minutes (do not add salt to the water)
5. remove quinoa from the heat, drain, rinse and set aside
6. remove seeds from squash and cut into pieces ¼ inch thick
7. peel and julienne carrots
8. in a large pot boil water with salt and give a very quick blanch to the vegetables
9. peel, dice and sauté the onion with lemon juice, salt and pepper until the onion is pinkish in color
10. in a medium bowl mix all the ingredients and adjust the seasoning if necessary
11. coarsely chop parsley and add to the salad before serving