

COLOURFUL QUINOA SALAD WITH CHICKPEAS, VEGGIES, LEMON AND MINT



1 cup uncooked quinoa

2 cups vegetable broth **Use gluten-free, yeast-free, sugar-free broth if following detox protocol*

(¼ cup dried currants) **Omit if following detox protocol*

1 tsp curry powder

1 tsp ground cumin

½ tsp coriander

1 tsp liquid honey **Omit if following detox protocol*

½ tsp sea salt

1 cup chick peas soaked, softened & drained **Do not use canned if following detox protocol*

¼ cup each freshly chopped red bell pepper, grated carrots, diced English cucumber

½ cup chopped green onion

2 tbsp extra virgin olive oil

2 tbsp fresh squeezed lemon juice

2tbsp fresh minced mint leaves

¼ tsp freshly ground black pepper

1. Combine quinoa, broth, (currants), curry, cumin, coriander, (honey), and sea salt in a medium pot.
2. Bring to a boil.
3. Reduce heat to low, cover and simmer for about 20 minutes or until quinoa has absorbed all liquid.
4. Remove from heat. Let stand covered for 10 minutes.
5. Fluff with a fork and leave uncovered to cool completely.
6. When quinoa is cool, transfer to a large mixing bowl.
7. Stir in all remaining ingredients.
8. Mix well and refrigerate for at least an hour or two before serving.