

Toasted Quinoa Salad

3/4 cup uncooked quinoa
1 cup diced carrots
1/2 cup chopped red bell pepper
1/4 cup minced parsley or cilantro
2 sliced green onions
juice of 1 lemon and 1 lime (or 1 - 2 tablespoons of each)
1-1/2 tablespoons tamari soy sauce
2 cloves minced or pressed garlic
1 teaspoon chili sauce (tabasco) (or use a pinch of cayenne, a few red pepper flakes, etc.)

Rinse quinoa and drain. Put in a pot and dry toast until a few grains begin to pop. Add 1-1/2 cups of water, bring to a boil, cover, and simmer for about 15 minutes, or until the water is absorbed. Remove from heat and let stand for 10 minutes. Fluff with a fork and let cool.

Mix carrot, red pepper, parsley, and green onion in large bowl. Add cold quinoa and toss to combine. Whisk together lemon and lime juices, tamari, garlic, and chili sauce. Pour over salad and combine well. Chill until serving time.