

### Apricot Grain Salad:

4 apricots, chopped  
1 cup quinoa, cooked  
1 can rinsed chickpeas  
1/3 cup shelled pistachios  
1/4 cup chopped fresh basil or 1 Tbsp dry basil  
2 Tbsp olive oil  
1 Tbsp lemon juice  
Salt and pepper to taste.

Mix all together and salt and pepper to taste. Makes a great side as is or add a hard-boiled egg on the side for a yummy light lunch.

Because quinoa contains all nine essential amino acids we need, it is one of the few vegetarian foods that count as a complete protein. Also rich in iron, 1 cup cooked has about 31/2 grams fat and its all omega-3 and monounsaturated.

Quinoa is chock-full of magnesium and phosphorous, which are just as important as calcium in preventing osteoporosis.

