



Dandelion Naturopathic Clinic
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Mahalia's Favorite Quinoa Salad

- Adapted from: *"A Call to Women: The Healthy Breast Program and Workbook"*
by Sat Dharam Kaur

Ingredients:

Salad

1 2/3 cups dry quinoa
3 1/3 cups water
1 cup chopped or grated carrots
3/4 cup chopped parsley (or cilantro)
1/2 cup cucumber, finely chopped
1/2 cup red pepper, finely chopped
1/3 cup sunflower seeds
4 cloves garlic, minced
1/2 cup soaked arame, wakame or hijiki (seaweeds)

Dressing

Combine the following:

1/3 cup freshly squeezed lemon juice
3 tbsp extra virgin olive oil [or flax oil]
1 tbsp Bragg's (liquid aminos) [or substitute tamari]
1/2 tsp ground cumin (optional)
3/4 tsp ground coriander (optional)

Optional Garnishes:

Broccoli, alfalfa or red clover sprouts (or other sprouts)
Steamed broccoli (go for it! How can you go wrong?)
Tomato wedges

Place quinoa and water in a pot; bring to a boil.

Reduce heat to low, cover, simmer for 15 min.

Add drained seaweed and let mixture sit on very low heat, uncovered, for an extra 5 minutes so it dries out. This makes the grain fluffier for salads.

Toss quinoa with a fork and let cool.

Add vegetables, mix thoroughly. Pour dressing over salad, toss, with garnishes if desired.