

CRUNCHY HONEY & MINT QUINOA SALAD (GF)

Serves 4-6

Ingredients

1/3 C lemon juice
1/3 C olive oil
2 TBS honey
Borsari Citrus salt seasoning, or another citrus seasoning salt
5 mint leaves, torn
1 C quinoa, 2 C water
1/2 C dried cranberries
1/4 C sunflower seeds
1 150z can chickpeas
1/2 red bell pepper, diced
5 celery sticks, thinly sliced
3 carrots, quartered and diced
1 green apple, diced
1/2 small red onion, diced



Directions

1. In a saucepan, bring 2 cups of water and 1 cup of quinoa to a boil, then lower to simmer, cover and cook 15 minutes. Let it cool.
2. In a large serving bowl, combine cranberries, sunflower seeds, chickpeas, pepper, celery, carrots, apple and onion.
3. In a small bowl, whisk together lemon juice, olive oil, honey, mint leaves and seasoning salt.
4. Combine cooled quinoa with the salad mix then stir in the dressing. Serve cold. Can be stored in the fridge up to 4 days.