



Best Quinoa Salad

Quinoa is a versatile food, similar to rice, but with enough 9 essential amino acids to make a complete protein. It's easy to prepare and super tasty. This recipe includes lots of raw veggies

Ingredients

- 1 cup quinoa
- 3 medium tomatoes (chopped)
- ¼ cup red onion (finely chopped)
- 3-5 garlic cloves (minced)
- ½ inch ginger (minced)
- 1 cucumber (chopped)
- 1/3 yellow pepper (chopped)
- 1 carrot (thinly sliced)
- ¼ cup parsley or cilantro (chopped)
- 3 Tbsp. apple cider vinegar
- 2-3 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Salt (to taste)

Optional for extra flavor, depending on your taste:

- Green onions
- Diced jalapenos
- Parsley
- Cilantro
- Lemon juice

Preparation

Add 1 cup quinoa to 2 cups water and bring to a boil. Reduce heat, cover, and simmer 15 minutes.

Place cooked quinoa in bowl and let cool. It doesn't have to cool completely; by the time you get your other ingredients prepped, the quinoa will be cool enough.

Add vinegar, olive oil, salt, and stir well. Add onion, ginger, and garlic. Chop the onion fine and **MINCE** the garlic and ginger **VERY WELL**. The raw garlic and ginger adds lots of flavor and nutrition.

Give the bowl a good stir and get these ingredients mixed thoroughly. Add yellow pepper (red pepper is fine, but yellow makes a nice color contrast), cucumber, carrot.

Add green onions—or even diced jalapenos if you're looking for a little kick. Feel free to experiment with any vegetables you enjoy in a raw state.

Mix ingredients and then add the tomatoes. Adding the tomatoes last keeps them from getting beat up by the spoon.

If you've got some parsley or cilantro on hand, throw that in as well. A bit of lemon juice is a nice finish and will also help keep the colors of the dish vibrant. Bon Appétit!

Bonus Items

If you want to watch the video again, click [here](#).