



# Lemon Quinoa Chia Veggie Salad

Surely by now you have tried quinoa (pronounced keen-wa) in some of your soups or salad sides. Quinoa is another “darling” grain from Mexico/Central America just as chia is the powerhouse seed from the same area. If you are looking for a “meatless Monday” vegetarian treat....look no further. The fresh lemon dressing over the protein packed grain with fresh veggies is truly a delight..

## Ingredients

½ cup quinoa  
1 cup veggie broth  
1 large tomato chopped  
1-2 carrots chopped depending on the size  
½ of cucumber chopped  
½ cup black beans  
greens of choice

## Dressing Ingredients

1 tablespoon olive oil  
1 teaspoon dry MySeeds chia  
1/3 cup fresh chopped basil  
1 & ½ tablespoons lemon juice  
zest of the lemon  
½ tablespoon Dijon mustard  
1 clove garlic minced

A quick and easy dinner salad!

Start by simmering the quinoa in a covered saucepan with the broth for 15-20 minutes. You are waiting for all of the broth to be absorbed. Fluff and cool while preparing the veggies. Rinse & drain the black beans. Chop the vegetables of your choice and mix in the beans in a large bowl.

If you would prefer to exchange some of the fresh veggies for others, choose another which will be enhanced by the lemon dressing such as zucchini, cauliflower, broccoli, or shredded red cabbage.

Prepare the dressing in a small prep cup or measuring cup. Fresh cut basil is so aromatic and really shines with the sunny lemon flavor. To make the dressing just stir all of the dressing ingredients together. Only when you're ready to serve, pour the dressing over the salad ingredients with the greens in your bowl and toss gently to coat.

Serve this salad over the greens of your choice. A colorful spring mix with varied types of lettuce is shown here. Top with slivered almonds or sunflower seeds to add crunch.

## A salad with protien...

Many people feel meat is the only way to get protein. But, this salad can change their minds! There is complete plant protien in chia. Quinoa and black beans also have protein. The quinoa makes the salad filling enough for dinner.