



Quinoa & Veggie Salad

Whether you will you like this salad as a side or for your “meatless Monday” this easy and barely cooked salad is bursting with flavor and veggies. Like chia seeds, quinoa (Keen-wa) is another ancient “great grain”. This super nutritious, easy to use, and filling seed is becoming popular again because of its versatility and because it is not just a filling carbohydrate. (it may be a seed, but it’s used like a grain in most dishes.)

Ingredients

½ cup quinoa	1 tablespoon chia
1 lemon (zested and juiced)	1/2 can of rinsed black beans
8 oz. vegetable broth	1 ear of corn (or frozen equivalent)
1 teaspoon ground cumin	1 tomato chopped
1 clove garlic (smashed and minced)	½ zucchini chopped
2 dashes cayenne pepper	2 large handfuls of packaged coleslaw mix
	Small handful of fresh chopped cilantro

In a small covered sauce pan, place the quinoa, chia, broth, and lemon juice and zest. Bring the broth to a boil and then reduce heat to low and simmer for about 18-20 minutes or until the both has been absorbed. This will give the quinoa a great flavor.

While the quinoa is simmering, in a large bowl, put the black beans, corn, tomato, coleslaw mix and cilantro. When the quinoa is done, let it cool before your stir to combine the grain mixture in the veggie bowl.

This is so easy! All that’s left to do is scoop onto a bed of your favorite greens in a bowl or on a plate, and you’re ready to serve. You can use spinach, garden greens or romaine. It’s colorful, healthy, and ready in about 25 minutes.

Make your own pita chips!

Want something crisp to serve with this dish?

You can make these inexpensive, seasoned pita chips whenever you want--so save some time to make these “most excellent” crispy, spicy chips:

Cut 3-4 store bought pita rounds into halves and then separate these halves so that the pita pocket is just one layer.

Place on several cookie/baking sheets. Spray them with cooking oil spray and cut with your kitchen shears into small wedges (about 12 per pita round).

Mix together 1 teaspoon garlic powder, a little paprika or cayenne pepper and 1 teaspoon oregano and sprinkle over the wedges. Bake for about 10 minutes in at 350 degrees. If there are any left, which we doubt, keep them fresh and crisp in an air tight container. They are great with the lemon chia hummus too!