

# Quinoa w/ Mixed Vegetables

*Swick*

Serves 1 | Active Time: 40 minutes | Total Time: 40 minutes

## Step 1: Preparing the Quinoa

- 3/4 cup quinoa
- 1 1/2 cups light stock (or water)
- pinch of sea salt

In a small pot, bring the stock, quinoa and salt to a boil. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat. Keep covered and let rest for about 10 minutes. Uncover, fluff with a fork and set aside to cool.

## Step 2: Preparing Your Mise en Place

- 1/2 cup frozen peas
- 1 red bell pepper
- 1 yellow bell pepper
- 1 cup zucchini
- 1 cup cherry tomatoes
- 1/4 cup red onion (or to taste)

While the quinoa is cooking, measure out the peas. Cover with hot water for 1 to 2 minutes. Drain and set aside.

Cut the bell peppers and zucchini into medium dice. Halve the cherry tomatoes. Slice the red onion into thin slices. Set aside.

## Step 3: Making the Vinaigrette

- 1/2 garlic clove
- 2 tbsp honey or agave nectar
- 6 tbsp fresh lemon juice
- 6 tbsp extra-virgin olive oil
- 5 tbsp flax or grapeseed oil
- sea salt, to taste
- freshly ground black pepper. to taste

To make the vinaigrette, mince the garlic and place into a jar. Add the honey, lemon juice, olive and flax oil, cover and shake to emulsify. Season to taste with salt and pepper.

## Step 4: Assembling the Salad

- sea salt, to taste
- freshly ground black pepper. to taste

To assemble the salad, gently toss the vegetables and quinoa together in a large bowl. Add enough vinaigrette to lightly coat the ingredients. Any leftover vinaigrette will keep in the fridge for a week or so.

Season the salad to taste with more salt and pepper, if needed. Serve.