

# LOVE THY CARROT

*real food made with love*

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## QUINOA SALAD WITH POMEGRANATE SEEDS AND MAPLE LIME DRESSING

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This recipe serves 6

### INGREDIENTS FOR THE QUINOA SALAD

1 cup dry quinoa, rinsed well  
1/4 cup red onion, diced  
1/2 cup red or yellow pepper, diced  
1/4 cup pine nuts  
1/4 cup sunflower seeds  
3/4 cup pomegranate seeds  
3/4 cup cooked chickpeas, drained and rinsed, (optional)  
1/2 cup chopped parsley or fresh mint, (sometimes I use a combination of both if I have some on hand)

### INGREDIENTS FOR THE MAPLE LIME DRESSING

juice from 1 lime, you may need more depending on how juicy your lime is.  
2 tbsp maple syrup  
1/4 cup olive oil  
salt and pepper to taste

### DIRECTIONS

1. Prepare quinoa according to package instructions.
2. While quinoa is cooking, drain and rinse the chickpeas. Chop the onion, peppers and parsley and remove the seeds from the pomegranate. Set aside.
3. In a small bowl prepare the dressing by whisking together the lime juice, olive oil, maple syrup, salt and pepper. Taste the dressing, it should be a bit sweet from the maple syrup and have a bit of tang from the lime. You may need to add more maple syrup or lime to your liking.
4. Pour the dressing over the quinoa, (I like to do this while the quinoa is still warm) and mix. Add in the veggies and pomegranate seeds. Taste again for seasonings. Just before serving toss in the pine nuts and sunflower seeds.
5. You can prepare ahead of time and store in the fridge. I like to serve this quinoa salad at room temperature.

## COOKS NOTES

To learn how I get the seeds out of a pomegranate have a look at my recipe for [Winter Cabbage Slaw with Hazelnuts and Pomegranate Seeds](#).

Any leftover can be stored in the fridge for up to 2 days.

You can use any nuts and seeds you like in place of the pine nuts and sunflower seeds. I like to use raw unsalted nuts. You can lightly toast them if you want, it will add a bit more of a crunch.