

VIBRANT SPRING QUINOA SALAD

Ingredients

1 ½ cups quinoa, rinsed and drained

1 cup fresh sweet peas (or frozen, defrosted)

1 cup thinly sliced carrots

1 cup thinly sliced radishes

½ cup chopped parsley

½ cup pea sprouts

For the dressing

½ cup fresh lemon juice (from about 2 large lemons)

2 tablespoons finely chopped chives

1 teaspoon raw honey

½ teaspoon kosher salt

½ cup extra virgin olive oil

Instructions

1. Add the quinoa and 2 ½ cups water to a medium saucepan. Cover, bring to a boil, then reduce the heat to low. Simmer, covered, for 15 minutes. Turn the heat off and let sit, covered, for an additional 5 minutes, then uncover and fluff with a fork.

2. Meanwhile, make the dressing by whisking together the lemon juice, chives, honey, salt, and olive oil until well combined.

3. In a large bowl, stir together the cooked quinoa, peas, carrots, radishes, parsley, and pea sprouts. Pour over the dressing and stir until well combined. Taste and add additional salt if necessary. Serve warm or at room temperature.

Makes about 7 cups.