



# Quinoa Salad

This super quick salad can be served hot or cold, and is VERY versatile. Quinoa is an amazing grain use in South America that's gluten-free, is a complete protein, has lots of fiber, can help you lose weight and give you more energy!

## Ingredients

- 1 cup uncooked quinoa (red or regular – I like the red!)
- 1½ cups water

You can find quinoa online or at any health food store. My favorite is Red Inca brand, but you can use whatever you want.

Doesn't sound too exciting yet, does it? Well, it isn't. But the good news is that the best thing about Quinoa is that you can put any number of add-ins into it to “doctor it up”! Here are a few suggestions to use in any combination:



## Optional Add-ins (pick 2 – 3 to use at a time)

- ¼ cup goji berries
- ¼ cup walnuts
- ¼ cup pine nuts
- ¼ cup white onions (diced)
- ½ cup cherry tomatoes (cut in half)
- 1 cup chicken sausage (sliced)
- 3 – 4 basil leaves (diced)
- ¼ cup pecans
- ¼ cup red onions (diced)
- ¼ cup red currants
- 1 clove garlic (finely diced)
- ½ cup chopped green apple

## Preparation

Place quinoa and water in a 1½ quart saucepan and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes).

You will know that the quinoa is done when the grains have turned from white to transparent (that's if you're cooking the regular quinoa, not the red), and the spiral-like germ has separated. Quinoa has a texture similar to cooked rice. Makes 3 cups.

## To Prepare In A Rice Cooker

Simply treat quinoa like rice. Add two parts water to one part quinoa, stir, cover (unlike rice you can stir quinoa a few times while cooking to prevent burning in the bottom of the pan) and when the cooker shuts off, the quinoa is done.

**Energy saving method,** combine 1 cup water to each ½ cup of quinoa in a pan. Bring to a full boil for 5 minutes, and then set aside, covered for 15 minutes.

For more great healthy recipes like this, check out my “Optimal Energy Recipes” downloadable e-Cookbook at [www.RoseCole.com/Cookbook!](http://www.RoseCole.com/Cookbook!)