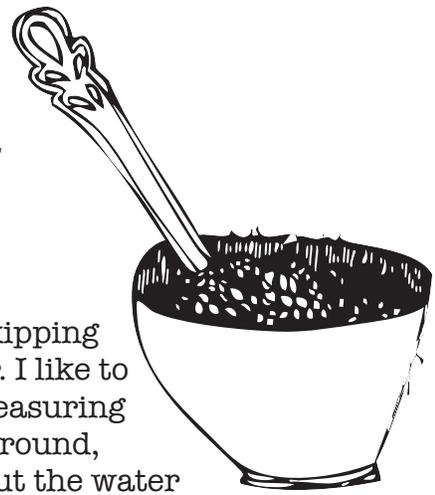


Quinoa Salad



Ingredients:

1 cup of Quinoa
1 onion
red pepper
green pepper
1 can of corn
lemon juice
salt and pepper
extra virgin olive oil
a little bit of honey
fresh parsley or cilantro
avocado cut in small
cubes for ganish.

Preparation:

Cooking the Quinoa

First, it is important to rinse the grain; skipping this step will make the quinoa taste bitter. I like to measure the desired amount in a large measuring cup, fill the rest with water and swish it around, rubbing the seeds together. Then strain out the water and repeat until the water runs clear, usually 2-3 times.

To cook the quinoa, add one part of the grain to two parts liquid in a saucepan. I add a dash of good quality sea salt. After the mixture is brought to a boil, reduce the heat to simmer and cover. One cup of quinoa cooked in this method usually takes 15 minutes to prepare. When cooking is complete, you will notice that the grains have become translucent, and the white germ has partially detached itself, appearing like a white-spiraled tail. Once is ready let it cool down.

Then cut the onion, red pepper, green pepper in small tiny squares and in a big bowl mix these ingredients with the quinoa and the corn, mix everything together. Add olive oil, lemon juice, honey, salt and pepper to dressing the salad. When is ready to serve add parsley and small avocado cubes at the top for decoration.

Quinoa

It is an energy-rich food that delivers heaps of fibre and protein but very little fat and no gluten. The protein quinoa supplies all nine essential amino acids.

Quinoa is a very good source of manganese as well as a good source of magnesium, iron, copper and phosphorous. The body needs these minerals to work properly.

The best part about quinoa is its versatility. Because its flavor is so subtle, it can be mixed with sweet things like fruit for breakfast, or savory foods for lunch and dinner. You can even find pasta made out of quinoa – about 1000 times better than pasta made of semolina! While the most popular type of quinoa is a transparent yellow color, other varieties feature colors such as orange, pink, red, purple or black.