

Quinoa Veggie Salad

Ingredients:

- 1 cup dry quinoa
- 1 cup broccoli chopped (remove long stems)
- 1 cup carrots chopped (remove long stems)
- 1 cup of grape or cherry tomatoes cut in half
- ¼ of a yellow or white onion finely diced
- 1 garlic clove minced
- 1 tbsp olive oil
- juice of one lemon
- ½ tsp salt
- ¼ tsp cracked black pepper
- optional toppings: sheep's milk feta cheese or avocado
- organic broth (veggie, chicken or beef)



Instructions:

- Make quinoa according to package instructions
- Use broth instead of water for enhanced flavor
- While quinoa is cooking prepare rest of the ingredients in a bowl.
- When quinoa is finished cooking, combine all ingredients together and stir

Note: if storing for lunches and leftovers and the dish becomes a little dry, add a splash of olive oil or broth