

## ***Quinoa Salad with Lemon Vinaigrette***

*Quinoa is technically a seed and used in cooking like a grain, and it offers the easiest and quickest grain dish that you will ever prepare. It is high in protein, fiber, and a variety of nutrients making it an awesome ingredient for a variety of recipes.*

*This easy to make recipe can be served as a light main course or a side dish.*

**Prep Time:** 20-25 Minutes

**Serves:** Four

### **Ingredients:**

1 cup mixed quinoa (mixture of white and brown quinoa)  
1 cup low sodium vegetable broth  
½ cup cooked peas  
1 cup cooked garbanzo beans  
6 cherry tomatoes, sliced in half  
¼ cup Italian parsley, chopped  
2 shallots, chopped  
½ cup fresh Mozzarella, cubed (optional)  
1 Haus avocado, sliced

### **Lemon Vinaigrette**

6 tablespoons (1/3 cup) extra-virgin olive oil  
2 tablespoons freshly squeezed lemon juice  
1 garlic clove, minced  
½ teaspoon dried thyme  
¼ teaspoon sea salt  
¼ teaspoon ground black pepper

### **Directions:**

Rinse quinoa under running water and drain in a strainer. In a small saucepan bring broth to a boil. Add the rinsed quinoa, bring it back to a gentle boil, then cover, simmer for 5 minutes, then remove from heat, and let sit for 10 minutes and wait for water to be absorbed.

In a salad bowl, combine peas, garbanzo beans, tomatoes, parsley, shallots, and mozzarella cheese. Whisk dressing ingredients together, add half the avocado slices, and toss with the dressing. Add remaining avocado slices as a garnish and serve.

Enjoy,

Steven Masley, MD