

COLOURFUL QUINOA SALAD



INGREDIENTS

- 2 cups water
- 1 cup quinoa, rinsed
- 2 cups fresh baby spinach, thinly sliced
- 1 cup grape tomatoes, halved
- 1 medium cucumber, seeded and chopped
- 1 medium sweet orange pepper, chopped
- 1 medium sweet yellow pepper, chopped
- 2 green onions, chopped

DRESSING

- 3 tablespoons lime juice
- 2 tablespoons olive oil
- 4 teaspoons honey
- 1 tablespoon grated lime zest
- 2 teaspoons minced fresh gingerroot
- 1/4 teaspoon salt.

DIRECTIONS

1. In a large saucepan, bring water to a boil. Add quinoa. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes. Remove from heat; fluff with a fork. Transfer to a large bowl; cool completely.
 2. Stir spinach, tomatoes, cucumber, peppers and green onions into quinoa. In a small bowl, whisk dressing ingredients until blended. Drizzle over quinoa mixture; toss to coat. Refrigerate until serving.
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