

## Tangy Quinoa Salad

- 1  $\frac{1}{2}$  cups quinoa
- 2  $\frac{1}{2}$  cups water
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{4}$  cup orange juice
- 1 Tbsp. grated orange rind
- $\frac{1}{3}$  cup Udo's oil or extra-virgin olive oil
- 3 medium oranges, cut into sections and cut into thirds
- $\frac{1}{3}$  cup fresh mint leaves, finely chopped
- $\frac{1}{3}$  cup fresh parsley, finely chopped
- $\frac{1}{3}$  cup slivered almonds
- $\frac{1}{3}$  cup raisins or dried cranberries

✓ In a saucepan combine quinoa, water, lemon juice, orange juice and rind. Bring to a boil, reduce and let simmer about 20 minutes.

✓ Let cool and add remaining ingredients to quinoa

✓ Let salad stand 30 minutes before serving to allow flavours to develop

From: Sandy Pomeroy