

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