

Quinoa Salad



SERVES 2-4

Ingredients

1 cup dry quinoa
2 cups vegetable stock
1/3 cup dried cranberries
1/3 cup pecans
2 tbsp olive oil

2 tbsp lemon juice
1/4 cup red onion – finely chopped
1/4 tamari Soy sauce
1 dessertspoon pure maple syrup

Instructions

Preheat oven to 160 degrees.

Place quinoa in a saucepan with vegetable stock, bring to boil then reduce to simmer until liquid has absorbed.

In a bowl, coat pecans in tamari and maple syrup then spread out on some baking paper and place in the oven to roast for about 10 minutes. Take out and chop the pecans up.

Place quinoa in a bowl and add cranberries, pecans, onion, olive oil and lemon juice and enjoy!

