

Zesty Quinoa Salad - (CILANTRO, PARSLEY, PEPPERS)

1 c. red quinoa
2 c. water
¼ c. good extra virgin olive oil
¼ c. lime juice (2 large limes)
2 T. orange juice
½ t. salt
2 t. ground cumin
1/2t. red pepper flakes
freshly ground pepper
1 can (15oz.) black beans, rinsed and drained well
1 1/2 c. halved cherry tomatoes
½ c. green onions, sliced fine, with green tops
1 c. cilantro lightly packed, chopped
2 T. finely sliced garlic chives
1 c. small diced jicama
1-2 finely diced jalapeno (optional)
1/2c. fresh or frozen corn kernels (uncooked)

Bring quinoa and water to a boil. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10-15 minutes. Set aside to cool.

Whisk olive oil, lime juice, cumin, salt, and red pepper flakes together in a bowl. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

Kale Salad (GINGER, SESAME, CHIVES)

1 bunch kale
½ c. dried cranberries
1T. balsamic vinegar (optional)
¼ c. toasted pumpkin seeds (pepitos)
¼ c. walnuts or almonds, toasted
¼ c. red onion, finely chopped

Place all ingredients in blender .

Orange Ginger Sesame Vinaigrette

¾c. canola oil
¼c. rice wine vinegar
2 t. orange juice
1 shallot, minced
2 T. chives, chopped
1 T. fresh ginger, grated, 1 T. sesame oil
¼t. salt
1T. sesame seeds, toasted
¼t. red pepper flakes

