

QUINOA SALAD

1 cup Quinoa
1 cucumber, peeled or 4 small Persian cucumbers, unpeeled, diced
3 small sweet peppers - red, yellow, orange - sliced thin
4 small radish, sliced thin
2 stalks celery, sliced thin
3/4 cup fresh parsley, chopped
1 carrot, peeled and grated
1/4 cup olive oil, or more as needed
1/8 cup rice vinegar, or more as needed
1/8 cup lemon juice, or more as needed
1 teaspoon thyme
1/8 teaspoon kelp
dash of sea salt
dash of black pepper, ground

Bring cup of quinoa and two cups of water to a boil. Add a dash of sea salt. Reduce heat to low. Simmer until all water is absorbed and quinoa is fluffy. Transfer to large bowl to cool and refrigerate until chilled throughout.

Prep all veggies as indicated and add to chilled quinoa.

Combine olive oil, rice vinegar, lemon juice, thyme, and kelp in a small bowl. Whisk until creamy (about 2 minutes). Pour over chilled quinoa and veggies. Add dash of sea salt and ground pepper. Gently toss to mix flavors. Refrigerate for 1 hour.

Enjoy! Serve as a side dish to meat/poultry/fish or as main dish with a side of bread or crackers and hummus/bean dip, etc.

*Quinoa is an amazing whole grain. It is one of the few non-animal foods that supply a complete protein, making it an excellent choice for vegans or those reducing animal products from their diets. In addition, this little grain is an excellent source of manganese, magnesium, iron, copper and phosphorous, making it valuable for persons managing high cholesterol, atherosclerosis, migraines, and diabetes.

Aqiylah Collins empowers others seeking to access their healing in order to embrace balanced living. Growing up among authentic healers in a sustainable earth environment, it is quite natural that living foods, herbs, positive energy, and spirituality remain at the center of her personal and professional life. Aqiylah is a certified Holistic Health Coach, Reiki Practitioner, and lifelong student of whole-life wellness. For more on whole grains and holistic health follow her on [Portland Holistic Health Examiner](#) and at www.QiToWellness.com.