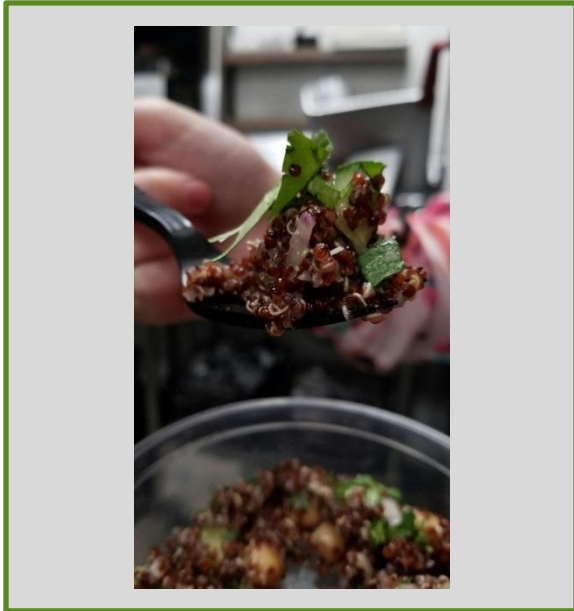


Recipes makes: 22 Servings (1/2 Cup each)



Ingredients-

- ♥ 1 Lb, dry quinoa
- ♥ 1 Qt water
- ♥ 1 English cucumber
- ♥ 15.5 oz Can Garbanzo Beans
- ♥ 1 Small Red Onion
- ♥ 1 Clove Garlic
- ♥ 1 Cup Cilantro

Dressing

- ♥ 1 oz D'Avolio Vinegar
- ♥ 4.5 oz D'Avolio Oil
- ♥ 1 oz Lemon or Lime Juice
- ♥ ½ Small White Onion
- ♥ 1 Clove Garlic
- ♥ Salt and Pepper to taste
(maximum 1 tsp salt)

PREPARATION:

1. Bring quinoa and water to a boil. Turn to low and simmer until all the liquid is absorbed. Immediately put onto a cookie tray to cool down in the fridge to stop the cooking process.
2. In a food processor, put vinegar, juice, onion, garlic, salt and pepper, and blend all together.
3. Slowly add the oil to emulsify into a smooth dressing.
4. Dice onion and cucumber, and finely chop the garlic.
5. Chop the cilantro.
6. Once the quinoa is cooled, in a large bowl combine the quinoa and the chopped veggies.
7. Slowly pour in the dressing and mix until desired amount. (Extra dressing can be used later for another salad!)
8. Taste and adjust with more dressing, salt, and pepper. (Can also add fruit zest if desired)
9. Place into a serving dish and garnish with chopped cilantro.
10. Can be prepared the day before if desired.

Nutrition Facts	
Serving Size: 1/2 Cup	
Servings: 22	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	10%
Sugars less than 1g	
Protein 4g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	