

Fruity Quinoa Salad

Recipe By *Estee Kafra*



Cooking and Prep:  30
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Serves:  4

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegan, Gluten Free, Low

Carb, Low Fat, Vegetarian,

Pescetarian

Source: Family Table by

Mishpacha Magazine

Quinoa is a superfood that's easy to make. You can make it while traveling wherever your summer adventures take you and add in whatever you find in the local markets to dress it up. Here's what I did, but of course, be creative and add your own twist!

Ingredients (12)

Quinoa

- 1 cup quinoa
- 1 and 1/2 cups water
- 1 small red onion, very finely chopped

- 1 pear, peeled and diced
 - 2 oranges, segmented and membranes removed
 - 1 bunch parsley, chopped
 - 1/2 cup pine nuts
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Dressing

- 2 tablespoons lime juice
 - 1 tablespoon sugar
 - 3 tablespoons oil
 - 1 teaspoon mustard
 - pinch salt
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Start Cooking

Prepare Salad

1. Place the quinoa in a pot and toast over medium heat, stirring often, until lightly toasted, about five minutes. Add water and bring to a simmer.
2. Reduce heat to low and cover, cooking until all the water has been absorbed, around 10–15 minutes.
3. Let cool in pot for about 20 minutes.
4. Add the remaining ingredients to the quinoa.
5. Mix all the dressing ingredients together and pour over salad. Mix well and enjoy.

Variation:

Mangos can be used instead of pears.