

QUINOA TABOULEH-LIKE SALAD
(from Ann Sato)

1 ¼ C quinoa
2 C water and 2 T vegetable broth powder

Bring water to boil and add vegetable broth powder. Add quinoa, and simmer for 15 minutes. Remove from stove and let sit, covered for 15 min. Fluff and let cool in a large mixing bowl.

Add:

1 C grated carrots (large grate)
½ C chopped green onion
1 med red bell pepper, chopped
3 C chopped kale

Toss with dressing

Dressing:

¼ C lemon juice
¼ C extra virgin olive oil
1 tspn curry powder
1 tspn Spike or more to taste
Black pepper

Add ½ C raisins or craisins
For more tang, add more lemon juice.

Garnish:

Chopped almonds
Fresh mint

Refrigerate.