



Nourish Cowichan Quinoa Salad

This recipe was provided by **Fatima DaSilva**
from **Nourish Cowichan**

 Yield: 50 servings

 Serving Size: 250 ml

Ingredients

- 1.1 kg (6 cups) quinoa
- 3L (12 cups) water
- 6 diced apples
- 6 cans of cooked & drained chickpeas
- 4 diced cucumbers
- 2 bunch of diced green onions
- 2 bunch of coarsely chopped parsley
- 4 large fresh diced tomatoes (4 cups)

Dressing:

- Juice of 6 lemons (~1 cup)
- 60 ml (4 tbsp) apple cider vinegar
- 360 ml (1.5 cups) olive oil
- 25 ml (5 tsp) salt

Options:

- Sunflower seeds, dried cranberries, celery, cooked, diced chicken, feta cheese...never ending possibilities!

Method

Step 1

Rinse quinoa and add the water. Bring to a boil and turn down the heat to medium low and cook until all water is absorbed. Remove from heat and let it sit for about 10 minutes. Fluff it with a fork and let it cool.

Step 2

In a separate bowl, add apples, chickpeas, cucumbers, green onion, parsley, tomatoes.

Step 3

Stir in cooled quinoa and toss with dressing.

Step 4

This salad is flexible—try adding cooked, diced chicken, feta cheese, sunflower seeds.

HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.
- Return all ingredients to refrigerated storage if preparation is delayed or interrupted.
- Hold cold items below 40°F or 4°C, and hot food items above 140°F or 60°C.