

Garden Salad With Quinoa

Delicate greens including spinach, Swiss chard, Romaine, sorrel for tart lemony explosion, and quinoa onion Bean medley.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 10 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

Quinoa, cooked	0.5 cup
Light red kidney bean	1 x 0.25 cup
Onion, white, yellow or red, raw	0.5 cup
Garlic, fresh	1 clove
Garbanzo beans (chickpeas), cooked from dried	0.25 cup
Lemon, fresh	1 medium - 2 1/8" diameter
Olive oil	2 tablespoon
Lettuce, romaine or cos	1 head
Spinach, raw	1 cup
Chard (swiss, raw)	1 cup
Mustard greens, raw	1 cup
Black olives	0.25 cup
Salt, sea salt	1 dash
Balsamic vinegar	1 teaspoon
Cucumber, raw, with peel	0.5 cup

Instructions

1. Cook quinoa according to Direction. Rinse and drain. Add into a bowl with chopped-up onion, garlic, olives, any fresh herbs that you desire , lemon juice and sprinkle of salt. Add the beans.
2. Wash and chop salad greens and cucumber. Put in a large salad bowl. If you grow or can find sorrel at the market then use three to four leaves only, sparingly as it has a beautiful but very tart and tangy taste.
3. Add more lemon juice, and / or 1tsp vinegar that you like, and the two tablespoons of olive oil. Combine and then add the quinoa mixture. Add another sprinkling of salt if you like and serve. Will serve 2 generously.