

QUINOA SUMMER SALAD



Ingredients (makes 4-5 servings):

- 1 C of quinoa (rinsed and drained)
- 2 C of water
- 2 medium apples (chopped into medium-sized pieces with core and seeds removed)
- 2 stalks of celery (chopped)
- 1 C of raisins

Dressing

- $\frac{3}{4}$ C eggless mayonnaise
- $\frac{1}{4}$ C lemon juice
- $\frac{1}{4}$ C pineapple juice
- $\frac{1}{4}$ tsp salt

Directions:

1. In a medium sauce pan bring water to boil. Stir in quinoa. Cover. Reduce heat and simmer for 15-20 min until the quinoa is fluffy and all water is absorbed [you may also use a rice cooker to cook the quinoa]
 2. Let quinoa cool completely
- Combine all ingredients in a large mixing bowl and mix well