



## Ingredients

- 1 cups quinoa
- ½ cup chopped red onion
- ½ cup chopped parsley
- ½ cup chopped kale
- ¼ cup of chopped mint
- ½ cup chopped red bell pepper
- ½ cup chopped Israeli cucumber
- ½ cup pine nuts or sunflower seeds
- 3 tbsp. olive oil
- 1 tsp salt and ½ tsp pepper
- ¼ cup of fresh lemon juice
- 2 tsp chopped fresh basil

## **Directions**

Bring quinoa, ½ tsp salt, and 1 ¼ cups water to a boil. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 10 minutes. Remove cover and transfer to a big bowl. Gently fluff with fork and allow to cool completely. (This process can be done one day in advance of serving)

With a whisk, mix lemon juice and garlic in a small bowl. Slowly add in the olive oil. Season with rest of salt and add pepper.

Add rest of the ingredients to the cooled quinoa and toss gently. Drizzle the lemon juice mix and toss again. Allow to stand for at least one hour before serving.