

Crunchy Quinoa Salad

2 cups cooked quinoa
1 cup grated carrot
½ cup finely chopped red pepper
½ cup finely chopped celery
3 green onions
¼ cup sunflower seeds
1 cup chopped parsley

Dressing

1/3 cup extra-virgin olive oil
3 tbsp. apple cider vinegar
1 tbsp. lemon juice
1 tbsp. Tamari
½ tsp black pepper
1 tsp Herbamere (sea salt or Spike)
¼ cup toasted sesame seeds

Place salad ingredients in a large bowl. Stir to combine. Mix dressing ingredients together in a glass jar. Shake well and pour over salad.