

Quinoa & Avacado Salad  
(from fine cooking Feb 2010)

3 Tbsp raisins (soaked in hot water)  
2 Tbsp dried apricots (I used dates)  
1 C quinoa (dry)  
1 fresh lemon  
3 Tbsp olive oil  
¼ tsp each coriander, cumin and paprika  
2 medium firm avacados cubed  
2 – 3 scallions diced  
2 to 3 Tbsp chopped toasted almonds

salt and pepper

Cook the quinoa in 2 C of water until light and fluffy. Let cool slightly.

Zest the lemon in a small bowl and add the olive oil, 1 tbslp of lemon juice and the spices.

Toast the almonds in the oven and chop.

Add the quinoa, onions, raisins and apricots, avocado together. Dress and stir gently .  
Top with the toasted almonds and serve.