crazy good quinoa salad & dressing | 2 SUPER FOODS & READY IN 20 MINUTES

ingredients:
- 1 cup veg broth and 1 cup water (2 cups of any liquid works)
- 1 cup **quinoa**
- 1 can **garbanzo beans** (I usually use ½ can and use the other half for kid snacks)
- 2 tomatoes, diced
- 3 scallions, chopped

dressing
(or buy premade balsamic vinegar dressing)
- 3 T. olive oil
- 1 1/2 T. balsamic vinegar
- 1/2 T. maple syrup or agave nectar
- 1 clove garlic
- 1 tsp mustard (any kind)
- salt & pepper to taste

instructions:
1. Put the quinoa in a pot and dry roast it for a few minutes, until it smells nutty (you can skip this step if you're short on time).
2. Add the water and bring it to a boil... then reduce heat, cover and simmer quinoa until water is gone (about 15 minutes).
3. While quinoa is cooking, drain/rinse beans, chop tomatoes and scallions.
4. Whisk the olive oil, balsamic vinegar, maple syrup, garlic, mustard, salt, and pepper together in a bowl to form a dressing.
5. When quinoa is done, put it into a beautiful serving bowl. Add the tomatoes, scallions, & garbanzo beans. Then drizzle the dressing over the salad.

QUICK PREP	★★★★☆
EASY PREP	★★★★☆
NUTRITION	★★★★★
ECONOMICAL	★★★★☆

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nutrients:
A good protein source (all nine essential amino acids especially well-endowed with lysine which is essential for tissue growth and repair), manganese, magnesium, iron, copper and phosphorus; this "grain-like" food may be especially valuable for persons with migraine headaches, diabetes and atherosclerosis.

A good source of cholesterol-lowering fiber. Garbanzos' high fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. Garbanzos are an excellent source of the trace mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites.