

# Quinoa Salad

2 cups	Quinoa, uncooked
1	Red Onion medium-sized, diced
1/2 cup	Black Olives sliced and pitted
1 cup	Raisins
4 cups	Hot Water
1	red pepper seeded, cored, and diced
1/4 cup	Parsley fresh & chopped
2 cups	Peas lightly cooked. fresh or frozen
1	Green Bell Pepper seeded, cored, and diced
1/4 cup	Dill fresh & chopped
1/2 cup	Vinaigrette Dressing see recipe below
1/4 cup	Optional: Nuts toasted (chopped pecans, almonds, or walnuts; pine nuts)

1. In a large saucepan bring 4 cups hot water and quinoa to a boil. Cover and cook over low heat for 15 minutes or until all the water is absorbed. Fluff with a fork and cool.
2. Place into a large bowl and add all remaining salad ingredients - except optional nuts.
3. Toss with vinaigrette dressing. Taste and adjust for seasonings. Add more dressing if desired.
4. Serve warm or cover and chill up to 4 hours.

## Vinaigrette Dressing

1/4 cup	Balsamic Vinegar
1 tsp	Sugar
1 tsp	Dijon Mustard
2 cloves	Garlic, finely chopped
1/2 cup	Olive Oil
6 Tbsp	Dry White Wine
	Salt and Pepper

1. Whisk together vinegar, sugar, mustard and chopped garlic in a bowl. Slowly drizzle in the olive oil and wine whisking until well blended. Adjust seasonings to taste.