

## **Favorite Quinoa Salad**

1 c. Quinoa grain  
1/2 lemon  
3 Tbs. Extra Virgin Olive Oil  
2 Tbs. Apple Cider or Balsamic Vinegar  
1 c. cut tomatoes  
1/2 c. chopped celery  
1/2 c. chopped cucumbers  
seasoning mix

Cook quinoa 1 c. grain to  
2 c. water, boil for 15  
min. or til tender.  
Remove from heat, let  
cool. Add ingredients,  
stir, mix, refrigerate.

Mix together and serve chilled. Optional: chopped mozzarella cheese, or sprinkle with Parmesan or Asiago cheese.

*Quinoa is a low glycemic, gluten – free, high protein grain*

Low Glycemic, Gluten- Free,

Holly Stokes, Wellness Coach, [www.Lightenup.me](http://www.Lightenup.me)