



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

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Quinoa Salad & Chick Peas

Makes 6

Ingredients

- 1 cup quinoa (rinsed thoroughly)
- 2 cups water (or you can use organic, low sodium vegetable or chicken broth for extra flavour)
- 1 can chick peas (rinsed and drained)
- ½ cup almonds
- ½ medium cucumber
- ¼ cup red onion
- 1 lb baby spinach leaves
- ½ bunch fresh cilantro (optional)

Directions:

- Bring water (or vegetable broth) to a boil in a medium saucepan.
- Add quinoa and lower heat to medium low.
- Cover and cook 15 minutes (or until water is absorbed).
- Meanwhile, chop cucumber, onion, and cilantro.
- Roast almonds under the broiler for 3 minutes, careful not to burn them.
- Once roasted, allow almonds to cool, before coarsely chopping them.
- In a large bowl, toss spinach, quinoa, chick peas, onion, cucumber, and almonds.

Serve with fresh dressing:

2 tbsp lemon juice / ¼ cup olive oil / ¼ cup apple cider vinegar / ½ tsp sea salt
2 cloves garlic / ¼ tsp ground cumin / ¼ tsp turmeric / ¼ tsp cinnamon
¼ tsp ground ginger Add all ingredients together and serve over quinoa salad. Enjoy!

Facts About Quinoa (*keen-wa*):

- The quinoa seed is high in protein, calcium and iron, a relatively good source of vitamin E and several of the B vitamins.
- It contains an almost perfect balance of all eight essential amino acids needed for tissue development in humans.
- It is exceptionally high in lysine, cystine and methionine-amino acids typically low in other grains.
- It is gluten-free, making it a good choice for individuals with food allergies.
- Always wash thoroughly before you boil.
- Most commonly considered a grain, quinoa is actually a relative of leafy green vegetables like spinach and Swiss chard.
- A very good source of manganese as well as a good source of magnesium, iron, copper and phosphorus, this "grain" may be especially valuable for persons with migraine headaches, diabetes and atherosclerosis.