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| Quinoa Saladhttps://lh4.googleusercontent.com/YR5Y6ks8L1dghpYhNZgD6NgZ6p_LtNPdAIivG-PRDs67oGAb2dDRTPNRT_-rZReBKZR-KW8xQ4xRWEWLGdy-GPAAVse7JxFVVKLOkd8rCV7fKqysueLpJLeFfQYO3wrQ4p3rWjRd*Prep Time: 10 Minutes, Cook Time: 20 Minutes***Ingredients:**

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| --- | --- | --- |
| 1 C |  | Our Family Quinoa |
| 1 1/2 C |  | water |
| 1/2 Tsp |  | salt |
| 2 C |  | Our Family Frozen mixed Veggies |
| 2 Tbs1 Tbs |  | Our Family Lemon JuiceOur Family Olive Oil |
|  |  |  |

**Directions:** PPlace Quinoa into pot, add water and salt. Bring to a boil, cover and turn heat down to simmer. Cook for 20 minutes. Remove from heat, fluff with fork and serve. |

Mix quinoa, vegetables, lemon juice and olive oil thoroughly but gently. Taste and season if necessary.

\*Rice may be substituted for Quinoa