



Quinoa Salad

Topped with our [Nut Flour Blend](#), this salad is great on its own or served with Mexican dishes.

Ingredients

- Quinoa
 - 1 cup red quinoa (or any color quinoa)
 - 2 TBSP olive oil, or other oil of choice
 - ½ tsp cumin seed
 - 2 cloves garlic, minced
 - 1 large tomato, peeled and seeded
 - 2 tsp fresh thyme and or ½ tsp dried thyme
 - 2 cups vegetable stock
 - ¼ tsp cayenne (optional)
- Salad
 - cherry tomatoes
 - green onions
 - cilantro
 - avocado
 - ¼ to ½ cup [Pamela's Nut Flour Blend](#)
- Vinaigrette Dressing
 - 2 cloves garlic, minced
 - 1½ tsp Dijon mustard
 - ½ tsp salt
 - ¼ tsp fresh ground black pepper
 - 2 TBSP fresh lemon juice
 - 2 TBSP apple cider vinegar
 - ½ olive oil

Directions

QUINOA:

Wash the quinoa in a large bowl of water by swirling the water and quinoa together. Drain and repeat until water runs clear. Use a large sieve to drain the quinoa completely.

Heat oil to hot in heavy-duty medium-sized saucepan. Stir in cumin seed, then garlic, and then chopped tomatoes, then garlic. Turn heat to medium, and stir in thyme. Add the quinoa and stir about a minute. Add vegetable stock and cayenne. Bring to a boil and reduce heat to lowest setting. Cover tightly and cook 20 minutes (water should be evaporated). Take off heat and allow to rest, covered, for 15 minutes. Fluff with a fork to separate grains.

DRESSING:

Combine garlic, mustard, salt and pepper in a small bowl. Add lemon juice and vinegar, and mix well. Whisk in olive oil very slowly to emulsify dressing,

SALAD:

Cut cherry tomatoes in half. Slice green onions crosswise in ¼-inch pieces. Chop cilantro slightly into medium pieces. Slice avocados into thin slices. Arrange the salad by layering the quinoa, tomatoes, green onions, cilantro, and finally avocado slices. Sprinkle liberally with Pamela's Nut Flour. Serve with vinaigrette.

Chef's Note: Have all the ingredients ready before you start the quinoa.

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