

Deborah's Quinoa Salad with Toasted Pumpkin Seeds & Tamari

This is a recipe that has evolved over time, so I don't have an exact recipe, but this should get you pretty close. Plus I change it up with different veggies and fruits. For example, sometimes I had butternut squash and pomegranates instead of peas and cranberries. Sometimes I use toasted pecans instead of Pumpkin seeds. Enjoy! 😊

- 2 Cups Uncooked Quinoa (cook according to package)
- 1 Med Bunch of Celery cut into small dice (no leaves)
- 1-2 Cups of Frozen Sweet Peas (thawed and drained)
- 3-4 Cups finely minced Arugula
- 1/4-1/2 Cup Dried Cranberries finely chopped. (buy the ones sweetened with apple juice, not sugar)
- About 12-14 T. of Apple Cider Vinegar (add to taste)
- Zest of one Lemon
- Approx. 4-6 T. fresh Lemon Juice
- Approx. 4-6 T. Olive Oil
- Pink Himalayan Salt to Taste
- Approx. 2 Cup of Raw Pumpkin Seeds
- Approx. 2 T. Tamari (healthy version of soy sauce - best price at Costco)

INSTRUCTIONS:

1. Cook Quinoa and let cool down to room temp. & salt to taste
2. Toast Pumpkin Seeds in a non-stick fry pan on med heat, until golden brown. Remove from heat and let cool for a minute, then add about 2 tablespoons of Tamari to the pan of seeds. Stir constantly. They may stick initially, but keep stirring until all is mixed together and releases. Place on a plate to cool.
3. To a large bowl, add, quinoa, celery, cranberries, lemon zest, half the amount of apple cider vinegar & lemon juice, then add Arugula. Mix together & taste.
4. Add more salt if needed. Keep in mind the Pumpkin seeds also add salt when you sprinkle them on top of salad. Taste a spoonful with pumpkin seeds on top.
5. Add more Apple Cider Vinegar and Lemon until you are happy with acidity. You may need to add more acidity the next day as well to boost the flavour, it tends to disappear.
6. Fold in Peas at the end.
7. Serve Pumpkin Seeds separately in a side bowl to maintain their crunch. Sprinkle on top of a bowl of Quinoa Salad.