

Quinoa Sprout Salad

3 cups sprouted quinoa or cooked quinoa
1 head of broccoli chopped into bite size pieces
2-4 chopped green onions
1/2 - 1 cup chopped tomatoes
1 diced avocado
1 red pepper chopped into bite size pieces
1 cup sprouts: adzuki, mung beans, lentils, peas, garbanzo

Mix together and add the following dressing:

1/4 c. extra virgin olive oil
1/4 c. apple, lemon or lime juice
1/4 tsp. salt
1/4 tsp. honey
2-3 tsp. of your favorite Italian herb mix

Mix into the salad until it is coated. Enjoy as is or atop a green salad!

Recipe by Tonya Judd

