

# Tropical Quinoa Salad with Cashews

Serves 4

*For the quinoa*

- 1 cup dried quinoa, rinsed well
- ½ red onion, finely chopped
- 1 cup apple or carrot, finely chopped
- juice of 1 lime
- 2 tablespoons honey or agave
- 1 tablespoon extra-virgin olive oil
- 1 large mango, chopped (not overly ripe)
- ¼ cup mint, finely chopped
- 1 teaspoon sea salt, to taste
- freshly ground black pepper, to taste
- ½-inch-piece ginger, finely chopped
- 1 avocado, chopped or thinly sliced
- 1 cup cashews, coarsely chopped
- 3 cups Romaine lettuce (or greens of choice), roughly chopped

*Preparation*

1. Cook the quinoa: Bring 2 cups of water to a boil in a medium saucepan. Add the quinoa and simmer, covered 15-20 minutes. Set aside and let cool (spread out for best results).
2. In a large bowl toss the chopped red onion and apple/carrot. Whisk together the lime juice, honey and olive oil. Add to the bowl. Add the cooked, cooled quinoa and mango to the bowl and toss well. Mix in mint, cilantro, ginger and salt and pepper, to taste. Garnish with sliced avocado and cashews. Scoop mixture over greens and serve chilled or at room temperature.

Recipe by Mindbodygreen