

## Quinoa Super Salad

This is an easy salad to serve in the summer. It requires very little cooking or preparation time. It can be served warm or chilled. This salad is high in calcium. Quinoa, sunflower seeds and parsley all are very high calcium foods.

1 cups quinoa  
2 cloves crushed garlic  
½ cup sunflower seeds  
¾ cup diced carrots  
½ cup chopped fresh flat parsley  
¼ cup chopped pitted Kalamata olives

### Dressing:

1/3 cup extra virgin olive oil  
1/3 cup lemon juice  
Herbamare to taste



Combine 1 cup quinoa with 2 cups water, bring to a boil, cover and simmer until all water is absorbed (15 minutes). Put in bowl. Combine diced carrot, chopped parsley, sunflower seeds and garlic. Gently mix into quinoa. Whisk together dressing ingredients and gently toss well with quinoa. Garnish with olives. Can be eaten warm or refrigerate for 2 hours. Serve.