



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Quinoa Salad

Suggestions: highly rich in protein, quinoa is also a source of calcium, magnesium, manganese, vitamin B and E. This dish is light and full of colours, perfect for late Spring and Summer when we need energy, but we like something fresh!

Instructions



sea salt



Boil the quinoa with some salt until it is cooked.

olives



sun dried
tomatoes



almonds



pumpkin seeds



sunflower seeds



capers

raisins



Put some olives in a bowl with some finely cut sundried tomatoes, some almonds, pumpkin seeds and sunflower seeds that you have previously toasted, capers, and some raisins that you have soaked in boiling water for half an hour.

honey



mustard



olive oil



Mustard sauce

To prepare the mustard sauce put some mustard in another bowl, some extra virgin olive oil, some boiling water and honey, and mix all together so that it becomes a nice fluid mixture.

dill



Add the cooked quinoa to the bowl with the main ingredients, add some fresh chopped dill and the mustard sauce that you have prepared previously.

Mix it all together and enjoy it!

You can eat the salad warm or cold as you prefer.



If you like this recipe, I would like to read your comments!

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