

SPICY SWEET POTATO AND QUINOA SALAD

1 cup quinoa, uncooked
2 cups vegetable broth
1 sweet potato, baked and diced
1 red bell pepper, diced

2 tbsp olive oil
1/4 tsp cayenne pepper
2 tbsp lemon juice
salt to taste

Simmer the quinoa in the vegetable broth until water is gone and quinoa is light and fluffy when stirred. Remove from heat and allow to cool. Toss together the quinoa, sweet potato and bell pepper in a large bowl.

In a separate small bowl, whisk together the lemon juice, olive oil and cayenne pepper. Gently toss this dressing with the quinoa. Season with salt.

TIPS/HINTS

- Quinoa has high oil content, so should be stored in the fridge or freezer to avoid becoming rancid
- A tight fitting lid is essential for even cooking
- Quinoa is coated with saponin, which will give it a bitter taste unless you wash it very thoroughly - those tiny flaky bits in the rinse water are the saponin

CURRIED RICE SALAD

1 onion, chopped
1 clove garlic, minced
3-1/4 cups water
1-1/2 cup long grain brown rice
1 Tbsp curry powder
1/8 tsp cayenne pepper

1 cup corn
1 cup chick peas
2 cups chopped broccoli
1 bunch scallions, chopped
2 tomatoes, chopped

SAUCE:

1 Tbsp water
1 Tbsp Braggs liquid aminos
1 Tbsp lemon juice

Place onion and garlic in a saucepan with 1/4 cup of the water. Cook, stirring, until the onion softens slightly, about 5 minutes. Add the rice, the rest of the water, the curry and pepper. Stir. Bring to a boil, reduce the heat to low, cover, and simmer for 45 minutes.

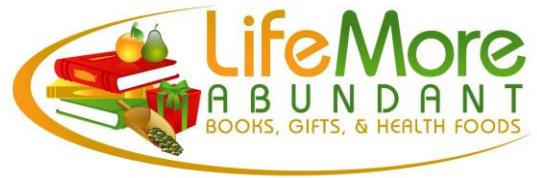
Meanwhile cook the broccoli in a small amount of water, stirring occasionally, until tender-crisp, about 5 minutes. Remove from heat, drain, set aside.

After the rice has cooked, remove from heat and let stand for 15 minutes without stirring. Then add broccoli, scallions, corn, chick peas, and tomatoes. Toss gently. Combine the sauce ingredients. Pour over rice mixture. Mix well. Serve hot or cold.

MILLET SALAD

2 c. cooked millet
1 10-oz. package of tofu, diced
3/4 cup chopped snow peas
3/4 cup frozen peas, thawed

1 clove garlic, minced
1/2 cup shredded carrots
1/2 cup chopped scallions
7 Tbs lemon juice



3 Tbs Braggs liquid aminos

1 tsp agave nectar or honey

In a large bowl, combine the millet, tofu, snow peas, peas, shredded carrots, corn, chick peas, and scallions.

In a small bowl, stir together the Braggs, lemon juice, garlic, and agave nectar. Pour over the salad and toss to combine.

COUSCOUS SALAD

2 cups couscous, cooked

2 tsp orange zest

½ cup white raisins

1 Tbs agave nectar

½ cup apricots, chopped

3 Tbs lemon juice

½ cup celery, chopped

3 Tbs canola oil

½ cup red onion, chopped

Salt to taste

¾ cup chopped walnuts or blanched almonds

In large bowl, combine all ingredients. Serve at room temperature or chill.

***** Bonus Recipe *****

APPLE OAT BARS

1 ½ cups shredded apples

1 ½ cups quick oats

½ cup unsweetened coconut

½ cup white raisins

¾ cup nuts (walnuts, almonds, or pecans)

½ cup chopped dates

¼ cup whole wheat flour

¼ cup apple juice concentrate

½ tsp salt

In a large mixing bowl, combine all ingredients and allow to stand for 10 minutes. Spread on 8x8 pan. Bake in preheated 350 degree oven for 30 minutes. Cook into bars while warm. ENJOY!!!