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Asian Quinoa salad

By Susie Iventosch

5 cups cooked quinoa

1 cup carrots, chopped

3/4 cup parsley, chopped

1/4 cup pine nuts (or use pecans or slivered almonds)

4 cloves garlic, sautéed in a little bit of olive oil

1/4 cup olive oil

1/4 cup tamari (soy sauce)

1/2 cup lemon juice

1/4 cup sesame oil

Pepper to taste

Prepare quinoa by first rinsing, (line strainer with cheese cloth because the tiny grains fall right through most strainers) then place in a 1 1/2 quart saucepan with 2 cups water and bring to a boil. Reduce heat, cover and simmer until all of the water is absorbed, approximately 15 minutes. Add chopped carrots the last three minutes of simmering. Turn heat off and leave pan covered until carrots are al dente. Lightly sauté garlic in a separate pan and cool to room temperature. Roast the nuts in a dry frying pan, stirring continuously until light brown. Place quinoa in a large bowl and cool. Add remaining ingredients to quinoa, toss and season to taste with pepper. Serve in glass bowl lined with endive leaves surrounding salad.

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