



Sweet & Salty Quinoa Bowl

A quinoa salad that satisfies your body's natural desire for fat, sweet and salt, yet all the ingredients in this dish are healthful and delicious. Terry Walters, a fellow student at the Institute of Integrative Nutrition, demoed this dish; honestly, I didn't think I was going to like it, but the taste combination is truly addictive.

Prep Time	Total Time	Serves
10 Minutes	25 Minutes	Four

Ingredients

- 1 cup quinoa
- 1 ½ cup of water
- ½ cup cranberries or currants
- ⅓ cup slivered almonds
- ⅓ cup red onion, chopped
- ⅓ cup pumpkin seeds (aka pepitas)
- ⅓ cup soaked seaweed (arame or wakame work best)
- ½ cup parsley, finely chopped
- 3 tablespoons olive oil
- 1 tablespoon ume plum vinegar

Instructions

1. Bring water to a boil.
2. Add quinoa and simmer for 12 minutes and let cool.
3. Soak seaweed as directed on package.
4. Once the quinoa is cool, mix all ingredients and refrigerate.

Tips

Like many recipes, this taste better when it's made a few hours or a day before so that the tastes can merge. Please do not substitute the ume plum vinegar not only because it helps balance the body and digestion and is a strong anti-oxidant, but because its salty taste is hard to replicate. Some see it as a fountain of health, and I just love the taste! It's easy to find in a health food store or online.