Quinoa And Lentil Salad

Description

I've been playing around with Quinoa lately. Here's a satisfying quinoa and lentil salad, light and flavorful.



Summary

Yield: 6
Prep Time: 30 minutes
Category: Salads
Cuisine: Vegetarian
Tags: quinoa, lentils

Ingredients

- 1 cup tricolor quinoa
- 1 cup black lentils
- 4 oz sundried tomatoes
- 1/4 cup olive oil
- 1 cup garlic, minced
- 1/2 lime, juiced
- 2 green onions, finely chopped
- 1 tsp ground cumin
- 1 tbsp mint leaves, chopped
- 1/2 tsp kosher salt, to taste
- 1/4 tsp fresh ground black pepper, to taste

Instructions

Prepare the Quinoa in a medium pot of boiling water, lightly salted. Cook for 14 minutes until tender. Rinse quinoa, drain and set asside. Prepare the lentils in a medium pot of boiling water, lightly salted. Cook for 18 minutes until tender. Rinse lentils, drain and set asside.

Quinoa And Lentil Salad

Transfer lentils and quinoa to a mixing bowl. Combine sundried tomatoes, green onions, minced garlic, olive oil, lime juice, cumin, Kosher salt and black pepper. Toss and mix thoroughly.

To serve, place in a serving bowl. Can chill in the refrigerator for one hour before serving if desired. Sprinkle chopped mint leaves over the top.