Herbed Quinoa Garden Veggie Salad

http://www.cornerstonehealthteam.com/recipes.html

Dressing
1/3 cup olive oil
3TBLS warm water
1 or 2 large cloves garlic, chopped
1 tsp honey
Juice of one lemon
Salt and pepper to taste
A handful of parsley leaves

Salad
1 cup quinoa, rinsed
8 leaves romaine lettuce
3 large carrots, peeled
1 cup cherry or grape tomatoes, halved
¾ cup chopped herbs of choice (1/4 cup each of basil, parsley and green onion)
Parmesan cheese for serving (optional)

Puree dressing ingredients in a food processor until smooth. Store in fridge until ready to use. Cook the quinoa according to package directions. When finished cooking chill on fridge or freezer. The texture of the salad is better when the quinoa is cool and crumbles a little more easily.
Shred the lettuce. Mince carrots in food processor. Toss all ingredients except lettuce. When ready to serve, toss with lettuce.

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