

Sunshine Fiesta Salad

adapted from The Simply Vegan Cookbook by Dustin Harder

- ½ c. cooked quinoa
- 1 t. **Homemade Taco Seasoning**
- Chopped lettuce, chopped fresh tomatoes, chopped sweet onion, sliced olives, chopped fresh avocado, finely grated fresh carrot, corn
- ½ can pinto beans, rinsed and drained
- Crushed tortilla chips (add just before serving)

Sunshine Vinaigrette

- 1 small lemon juiced
- ½ T. agave or maple syrup
- ½ t. onion powder
- ¼ t. garlic powder
- Pinch of salt

To cook quinoa, rinse ¼ c. quinoa in fine sieve and place in small kettle with ½ c. water and a pinch of salt. Bring to a boil, reduce heat, cover and cook for 15-20 minutes until water is absorbed. To make **Homemade Taco Seasoning**, whisk together 1 T. paprika, 1 t. each: cumin, oregano, onion powder, ½ t. each: garlic powder, cornstarch and ¼ t. salt. Combine Homemade Taco Seasoning and cooked quinoa. Mix all salad ingredients together and toss with **Sunshine Vinaigrette**.

What Is Quinoa?

<https://www.medicalnewstoday.com/articles/274745.php>

- Quinoa (pronounced keen-wah) and other ancient grains, such as amaranth, barley, and farro are rapidly growing in popularity because of their wide array of health benefits.
- Ancient grains are referred to as such because they have remained largely unchanged for hundreds or even thousands of years. Quinoa was known to the Incas as "the mother of all grains" and was first cultivated over 5,000 years ago.
- Whole grains, such as quinoa, provide essential vitamins, minerals, and fiber. These help regulate the digestive system and keep you fuller and more satisfied.