

Plum Cranberry Quinoa Salad with Mint

Yield : 8 Servings

1 cup organic uncooked plain quinoa, rinsed
3 ripe, yet firm plums – pit removed, ¼ inch dice
1 cucumber – seeds removed, ¼ inch dice
1 cup dried cranberries
20 mint leaves – chiffonade (sliced thin)
1 bunch flat leaf parsley – rough chop
½ teaspoon long gratings of navel orange zest
Course salt and freshly ground black pepper (to taste)

Vinaigrette Dressing

¼ cup of honey
Juice of half a navel orange
¼ cup white balsamic vinegar
¼ cup olive oil
1/8 teaspoon cayenne pepper
2 big pinches of course salt

Cook quinoa. Bring the quinoa and 2 cups of salted water to a boil. Cook on low heat for 10 to 15 minutes, until quinoa has absorbed the water. Set aside to cool down.

Make Vinaigrette. Place all of the ingredients in a container with a tightly sealed lid and shake vigorously until incorporated.

Assemble and Serve. Toss all the ingredients together, drizzle half the vinaigrette and toss again. Sample the dish and adjust seasoning with more vinaigrette, salt and pepper.