



**Cranberry and Cilantro Quinoa Salad** *A nutritious powerhouse, delicious and quick. Enjoy.*

**Ingredients:**

- 1 ½ c Water (or vegetable broth)
- 1 c Uncooked Quinoa (rinsed)
- ¼ c Red bell pepper (chopped)
- ¼ c Yellow bell pepper (chopped)
- ½ c minced carrots
- ¼ c toasted almond slices
- 1 Small red onion (finely chopped)
- ½ c dried cranberries
- 1 Lime (juiced)
- 1 ½ tsp Curry powder
- ¼ c Chopped Cilantro
- Sea salt & ground pepper to taste
- Optional: drizzle of extra virgin olive oil

**Directions:**

1. Pour the water (or broth) into a saucepan and bring to boil over high heat. Pour in quinoa when boiling. Cover, continue to simmer over low heat until all water (or broth) is absorbed, about 15-20 minutes. Fluff the quinoa with a fork. Scrape into a mixing bowl and chill in fridge until cold (can also be served at room temperature).
2. Once cold, stir in all other ingredients with quinoa. Toss. Lightly drizzle with extra virgin olive oil if you like, and add salt and pepper to taste.

*Tested by HealthWell. Found on [Allrecipes.com](http://Allrecipes.com)*

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