

# Mexican Quinoa Salad with Parsely Garlic Dressing

This Parsley and Garlic dressing also makes a great salsa. It's is one of the most resourceful salsas in our culinary repertoire, so simple and full of flavor.

If you want to embrace healthier eating habits this year, use this salsa to give a twist on eggs for breakfast, marinate your vegetables, tofu, or seafood, enjoy it as a dressing for salads with some lemon juice, bring to a party as a dip with some crudités, use as a spread for sandwiches instead of mayo or serve as a condiment for a cheese platter. Your creativity is the limit! We enjoy it with our Mexican Quinoa which has jalapeño and avocado for a spicy and smooth twist.

## Ingredients for the Salad

4 cups quinoa, cooked  
½ cup red, green or yellow bell pepper, finely chopped  
¼ cup spring onions, chopped  
2 corn kernels, cooked  
1 cup cherry tomatoes, cut in half  
¼ cup sundried tomatoes, chopped  
¼ cup mint, chopped  
¼ cup parsley, chopped  
¼ cup pumpkin seeds  
1 jalapeño, seeded and minced  
Salt and pepper, to taste  
1 large avocado, cut in cubes  
2 edible flowers, to garnish  
1 ½ cups parsley-garlic dressing *\*recipe follows*

## Method

*¡Buen Provecho!*

1. In a large bowl combine the quinoa, bell pepper, spring onions, corn kernels, cherry tomatoes, sundried tomatoes, mint, parsley, pumpkin seeds and jalapeño. Season with the parsley garlic dressing and season to taste with salt and pepper.
2. Allow the salad to marinate for 30 minutes refrigerated and serve cold, topped with avocado cubes, edible flowers and freshly chopped parsley and mint.

## **Ingredient for the Parsley Garlic Dressing**

6 garlic cloves, peeled  
¼ cup apple cider vinegar  
1 tsp honey  
½ tsp sea salt  
2 cups parsley leaves  
Zest of 1 lemon  
½ cup extra virgin olive oil or avocado oil

## **Method**

1. Place the garlic, vinegar, honey and salt in the blender and process until having a paste.
2. Add the parsley leaves, lemon zest and the olive oil and pulse a couple times to combine the ingredients until having a smooth texture.
3. Place the dressing in a mason jar or an airtight container and keep refrigerated for a couple days.

*¡Buen Provecho!*

from the Culinary Team at Rancho La Puerta

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