

Quinoa Salad



Serves	6
Prep time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Salad
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Barbecue , Picnic

Ingredients

- 1 cup Andean Grain Mix (Refer to note)
- 3 eggs
- 1/2 Large carrot
- 1/2 Small zucchini
- 1 cup iceberg lettuce (shredded)
- 1 can chickpeas (400g rinsed and drained)
- Pear salad dressing (Refer to recipe)

Directions

1. Rinse and cook the quinoa grains as per the directions on the packet then set aside to cool.
2. Hard boil the eggs then allow to cool.
3. Grate the carrot and zucchini and place into a salad bowl.
4. Add the chickpeas, lettuce and cooled quinoa.
5. Peel and chop the eggs and add to the salad.
6. Toss it all together, then drizzle the salad dressing over the top and serve.

Note

Moderate Salicylates, Low Amines, Low Glutamates

I use [Olive Green Organics Andean Grain Mix](#) in this recipe, which is a combination of white quinoa, red quinoa, black quinoa and amaranth. You can use any other plain quinoa grains or brown rice in this recipe instead.

Refer here for the [pear salad dressing recipe](#).