



BLUE ZONES PROJECT

RECIPES

*From the kitchen of:
Blue Zones Project®*





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Tangy Quinoa Salad

Yield: 4 servings

Ingredients

- 2 cups of water
- 1 cup of quinoa
- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tsp Dijon mustard
- 1/2 tsp honey
- Dash lime juice
- Dash pepper
- 1 cup of celery
- 1 cup of cucumber
- 1 cup of rainbow carrots
- 1 cup of beets
- 1/2 cup of green onion

Directions

1. **Cook Quinoa:** Combine 2 cups of water with 1 cup of quinoa in a pot. Bring pot to boil, then reduce to simmer. Cover pot for about 15 minutes and let the quinoa cook.
2. **Make the Dressing:** Combine the olive oil, apple cider vinegar, Dijon mustard, honey, lime juice and pepper to taste. Mix the dressing.
3. **Mix all Ingredients together:** Combine the quinoa with the veggies (or any of your favorite veggies) – celery, cucumber, rainbow carrots, beets and green onion. Add the tangy dressing to the bowl. Mix well and enjoy!