

QUINOA & BROWN RICE SALAD

(COURTESY LOJUANA DAVIS)

Serves 3

Ingredients

1 PKG QUINOA & BROWN RICE (8.5 oz. Seeds of Change brand, or 2 C cooked rice/quinoa mixture)

12 Shrimp

2 C Grape Tomatoes, halved

2 Green onions, thinly sliced

1 Small red onion, halved & thinly sliced

½ Cucumber, peeled & diced

½ C Feta Cheese

Basil, to taste

Parsley, to taste

½ t Sugar

COOK AS DIRECTED ON PACKAGE, ADD INGREDIENTS ABOVE.

Dressing

3 T Lemon juice

1 T Red wine vinegar

¼ t Oregano

1 Garlic clove, minced

¼ C Olive oil

Salt & pepper, to taste

MIX INGREDIENTS AND THEN SLOWLY WHISK IN OLIVE OIL UNTIL EMULSIFIED AND LET SET AT ROOM TEMPERATURE WHILE PREPARING SALAD. THEN ADD TO SALAD.