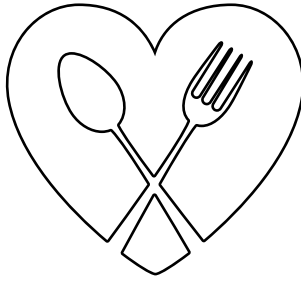


FR. NELSON'S QUINOA SALAD



PREPARATION

INGREDIENTS

- 4 Cucumbers
- 2 Red Onions
- 5 bunches of Parsley
- 3 cans Chick Peas (Garbanzos)
- 3 Red bell peppers
- 2 Tomatoes
- 6 Lemons
- 1 head garlic
- 1 package Quinoa (Mix)
- Black pepper
- Sea salt
- Wine Vinegar
- Olive Oil

1. Add quinoa to boiling water.
2. Dice the vegetables and put into mixing bowl.
3. Mince the garlic and parsley and add to the bowl of vegetables.
4. Drain the can of chick peas and pour into the bowl of vegetables.
5. Season with salt and pepper.
6. Whisk together vinegar, olive oil and lemon juice in a small bowl.
7. Drain the quinoa and add to the vegetables.
8. Add the dressing and stir to mix. Serve and enjoy!