

Quinoa Spring Salad with Ayurvedic Modifications, Gluten Free, Vegan, Nut Free, Low Histamine

Betty Brown

Serves 4

Ingredients

- 4 cups spring greens (arugula, swiss chard, spinach, romaine lettuce, ect)
- 1–1/2 cups cooked quinoa
- 1 cup sautéed leeks
- 1 cup cherry tomatoes, halved
- 8 oz of snow pea pods, steamed lightly
- 1/2 cup fresh parsley
- 1/2 cup fresh mint

EASY HERBAL VINAIGRETTE

- 1/4 cup extra-virgin olive oil
- 1 Tbsp apple cider vinegar (or fresh lemon juice)
- 1 Tbsp maple syrup
- 2 Tbsp fresh basil, minced
- 1/2 tsp dried thyme
- 1/4 tsp dried oregano
- 1/8 tsp ground fennel
- 1/8 tsp ground cumin
- 1/8 tsp ground coriander
- mineral salt and freshly ground black pepper* to taste



- optional toppings: sunflower seeds, pumpkin seeds, raisins,

Instructions

1. Make the dressing: In a small mixing bowl, whisk together the olive oil, apple cider vinegar and maple syrup until emulsified. Stir in the spices and herbs. Season with salt and pepper, to taste. Set aside.
 2. Assemble the salad: In a large mixing bowl, combine the cooked quinoa, sautéed leeks, greens, cherry tomatoes, steamed snow pea pods, fresh parsley, fresh mint
 3. Drizzle with the vinaigrette (there may be some leftover), and gently toss to coat.
 4. Season to taste. Enjoy!
- For Kapha: use arugula, mustard greens with other greens; add black pepper, 2 cloves minced garlic, 1 Tbsp minced ramp, and honey to vinaigrette.
 - For Pitta: decrease oregano to ¼ tsp, and lime juice for vinaigrette
 - For Vata: add roasted root vegetables; 1 clove minced garlic, honey or maple syrup to vinaigrette
 - Low Histamine: do not use spinach in your spring green mix

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