

Quinoa Vegetable Slaw

Prep time:

15 minutes

Yields:

4 people

Ingredients:

1 cup quinoa, cooked

4 cups kale, stems removed and finely chopped

1/2 cup red bell pepper, finely diced

1 cup finely chopped red cabbage

1/2 cup raisins

1/2 cup toasted sunflower seeds

1/4 cup extra virgin olive oil

1/8 cup apple cider vinegar

1 tablespoon basil, chopped

1 tablespoon Italian Parsley, chopped

salt and pepper to taste

Directions:

In a large mixing bowl toss together all ingredients and mix well.