

Simple Summer Quinoa Salad Recipe



We've reached the point in the summer when we want super simple dinners every night that involve as little time working in front of a hot oven as possible.

This easy, delicious dinner is perfect. It's very satisfying and filling, between the quinoa, beans, and veggies. It's also flavorful with green onion, cilantro, cumin, and lime.

And it's versatile. Add alkaline salsa or hot sauce, other fresh veggies you've got in the fridge, or slices of avocado. You can make a big batch of quinoa in advance and this will come together in minutes to serve hot or cold.

Give it a try and let me know what you think...

<https://www.getoffyouracid.com/blogs/news/simple-summer-quinoa-salad-recipe>

SIMPLE SUMMER QUINOA SALAD

Ingredients [Serves 4]

1 cup quinoa
2 cups vegetable broth (yeast free)
1 tsp. cumin
1 15 oz. can adzuki beans, drained and rinsed (I use Eden's Organics)
1 1/2 red or yellow bell pepper, diced
1/3 cup cilantro, minced
1 1/2 bunch green onion, chopped
1/2 cucumber, chopped
4 tbsp. lime juice, freshly squeezed
3 tbsp. extra virgin olive oil, coconut oil, or avocado oil
Sea salt to taste (Celtic Grey, Himalayan, or Redmond Real Salt)



Directions

In a medium sauce pan, combine quinoa, vegetable broth, and 1/2 of the cumin (1/2 tsp.). Bring to a boil, cover, and reduce heat. Simmer for approximately 20 to 30 minutes, or until all liquid is absorbed.

Add all remaining ingredients to the quinoa, mix well, and allow to sit covered for at least 10 minutes before serving to allow the flavors to combine. Serve and enjoy!

GET OFF YOUR ACID!
Dr. Daryl

This recipe came from the Recipe Guide included in the **Summer Group 7-Day Alkaline Cleanse**, which is kicking off very soon!



Our **7-Day Alkaline Group Cleanse** is focused on getting great RESULTS including healthy weight loss, better mood, minimized acid reflux, and on-demand energy, all while keeping it super-simple. I'll give you everything you need for success.

If you're ready to find out more about the cleanse and opt in – because we only take the first 100 cleansers and it will sell out (it always does) – [find out more now](#).

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