Quick Lemon and Garlic Quinoa Salad

Ingredients
Salad
1 cup dry quinoa
½ teaspoon sea salt
1 ¾ cup water
½ cup chopped carrots
1/3 cup minced parsley
¼ cup sunflower seeds

Dressing
3-4 cloves garlic, minced
¼ cup freshly squeezed lemon juice
¼ cup extra virgin olive oil
1-2 tablespoons tamari or shoyu*
2 teaspoons honey (optional)

Directions
1. Rinse quinoa and drain. Place rinsed quinoa, salt and water in a 2-quart pot. Bring to a boil, reduce heat to low, cover and let simmer 15-20 minutes, until all water is absorbed. Tip pan to the side to make sure all the water has been absorbed. Let stand for 5-10 minutes uncovered, then fluff with a fork.
2. Place cooked quinoa in a large bowl. Add carrots, parsley, and sunflower seeds to quinoa. Mix well.
3. Combine dressing ingredients and pour over quinoa and toss well.
4. Serve warm, at room temperature, or chilled.

*Tamari and shoyu refer to the same food product, but with different names. Soy sauce is also a common term used.

Recipe from Feeding the Whole Family: Cooking with Whole Foods by Cynthia Lair. 2008: Sasquatch Books: Seattle, WA