



## Rice & Quinoa Salad with a Crunch

### INGREDIENTS

- 1 c Basmati Rice
- 1 c Quinoa
- ½ c Pepitas, toasted\*
- ½ c Slivered Almonds, lightly toasted\*\*
- 1 c Chinese chives, sliced\*\*
- 2 T Fresh Mint, julienned
- ½ t Red Pepper Flakes
- 1 c Onion, chopped
- 3 T Olive Oil
- 1 t Salt
- ¼ t Black Pepper

\*Chinese chives are a bit thicker and flatter. If you can't find these, use regular chives but you will need to add more, approximately another 1/2 cup.

\*\* If you like more crunch in the salad add another ¼ c of each

### INSTRUCTIONS

1. Sauté onions in olive oil, add salt and pepper until softened.
2. Add rice and quinoa and let the grains lightly toast before adding 3.5 c water, cover and let simmer until cooked.
3. Meanwhile, in a pan toast the pepitas and almonds separately. Be careful to only lightly toast the almonds as these are delicate and can burn quickly and easily, which is why they need to be done separately.
3. Mix all the ingredients together and taste for seasoning. Serve immediately.

Serving suggestions: Lentils, Grilled or Sautéed Fish, Chicken