

Autumn Grain Salad

SALAD

1 cup quinoa
1 3/4 cup water
1 lemon, juiced
1 green apple, cored and diced
1 cup grapes, sliced in half
1 celery rib, thinly sliced
1/4 cup raisins
1/4 cup walnuts
4-6 mint leaves, julienned
Pinch of cinnamon
Salt & pepper, to taste

DRESSING

1/4 cup tahini
3 tablespoons water
1 tablespoon maple syrup
1/2 teaspoon cider vinegar

Quinoa: Rinse your quinoa to start to remove any bitterness. In a medium size pot, add water and quinoa, and bring to a boil. Cover, reduce heat and simmer for 15 minutes. Remove cover and let set 15 minutes. Fluff with a fork and let cool.

Dressing: While quinoa is cooking whisk tahini, water, maple syrup, and apple cider vinegar into a small bowl. Add more water if dressing is too thick (it should be thin enough to drizzle).

Salad: Core and dice the apple, cut grapes in 1/2, and toss fruit with lemon juice. Add the apples, grapes, celery, raisins, walnuts, mint leaves and cinnamon to the cooled quinoa. Mix well and season. Adjust flavors if needed.

Spoon into serving dishes and serve with a good drizzle of the tahini dressing. Refrigerate in an air tight container for 5-7 days.

Serves 4 - 6