



Roasted Quinoa Summer Salad

Ingredients

- 1/2 cup quinoa
- 1 tablespoon SFV Turmeric & Black Pepper ghee



- 1 tablespoon freshly grated ginger
- 1/2 tablespoons SFV Bombay masala
- 1/2 teaspoon salt
- 1 1/2 cup water
- 1/2 cup sprouted moong beans
- 1/2 cup cubed cucumber
- 1/2 cup cubed peppers
- 1/4 cup halved cherry tomatoes
- 1/4 cup cubed strawberries
- 1/4 cup cubed pineapple
- 1 tablespoon SFV Golden Milk Paste (dressing)
- 1 tablespoon apple cider vinegar (dressing)
- 1 tablespoon fresh lemon juice (dressing)
- Salt and pepper for taste (dressing)
- 1 tablespoon Flax seeds powder (optional)
- Chopped nuts for Garnishing (optional)

Directions

1. Use a thick-bottomed pan to roast the quinoa with SFV Turmeric & Black Pepper ghee on medium heat for about 5 mins.
2. Add ginger, salt, SFV Bombay Masala. Roast for another 1-2 mins.
3. Add the water and cover the pan. Cook for 10 minutes on low to medium heat.
4. While this is cooking, whisk together all of the ingredients for the dressing in a bowl and set aside for later.
5. In a large bowl, mix together the moong beans, cucumber, peppers, tomatoes, and fruit. Add the roasted quinoa mix and mix everything evenly. Add dressing and enjoy!

Note: For a little more protein, you can also cook some chicken using SFV ghee and dice it into the salad.

