

Quinoa and Mango Salad

Ingredients

8 Servings

- 1 cup quinoa
- 2 cups water
- 2 large mangos
- 1/2 cup green onions
- 1/2 cup cranberries
- 2 tbl parsley
- 1/4 cup olive oil
- 1 tbl white wine vinegar
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 1/8 tsp black pepper



Directions

Place quinoa in fine mesh strainer: rinse well. Transfer to medium saucepan and add water. Bring water to a boil. Reduce heat. Simmer uncovered 10-12 minutes until all water is absorbed. Stir, let stand covered 15 minutes. Transfer to a large bowl: cover and refrigerated 30 minutes. Cube and peel mangos. Slice green onions. Add mango, cranberries and parsley to quinoa: mix well. Combine oil, vinegar, mustard, salt and pepper in small bowl: whisk until blended. Pour over quinoa mixture, mix until well blended.