

QUINOA SALAD

- 1 c. Quinoa
- 2 C Chicken Broth
- 7Oz. Thin green beans, trimmed
- 1 Can Beans (kidney, black or mix) rinsed and drained
- 2-3 green onions, finely chopped
- ½ English cucumber, diced
- ¼ C. Olive oil
- 3 Tbsp. White wine vinegar (use lemon juice instead or use both)
- 1 Tbsp. Tarragon (use fresh mint instead or use both)

A few drops of tabasco sauce.

Salt and Pepper to taste.

Bring 2 Cups of chicken broth to boil, add quinoa and let it simmer for 15 minutes or until all the liquid is absorbed. Put aside.

Cook the green beans in boiling salted water. Rinse in cold water, drain and set aside.

Mix all ingredients in a salad bowl. Season with salt and pepper and add more lemon juice if needed.

For best results, refrigerate salad for 1 hour before serving.