



## Recipe

### QUINOA SALAD

Prep time: 20 minutes

Serves 8



#### Ingredients

- 1 cup quinoa
- 2 cups water
- ½ cup chopped almonds
- ½ cup chopped red onion
- ½ cup crushed Seneca Original Apple Chips
- ½ cup red grapes
- ¼ cup gorgonzola cheese

#### Dressing:

- ⅓ cup apple juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- ½ lemon, squeezed
- dash of salt and pepper, to taste

#### Directions

**RINSE** quinoa and strain. Put into a skillet with two cups of water. Bring the quinoa to a boil, then reduce the heat and cover (stirring occasionally so it does not burn). The quinoa will absorb all of the water in about twenty minutes. Remove from heat and set aside

**COMBINE** almonds, onion, grapes, gorgonzola cheese, and Seneca Original Apple Chips in a separate bowl.

**TOSS** cooled quinoa with the other ingredients.

**PREPARE** dressing and toss with quinoa salad just prior to serving.