

### **Quinoa and Navel Orange Salad**

3/4 cup quinoa	chopped fresh parsley to taste
Juice of 3 limes	1/2 tsp lime zest
2 tsp honey	2 navel oranges, segmented
1 jalapeno, seeded and minced	1/4 cup sliced red onion
1/2 tsp minced garlic	toasted almonds, chopped to taste
1/4 teaspoon ground cumin	arugula to taste
2/3 cup canola oil	red leaf lettuce to taste

**Method:** Rinse the quinoa in a strainer several times with cold water. Bring 1 1/4 cups water to boil in a medium saucepot with a tightly fitted lid. Add the quinoa, cover and simmer until the grains display a thread-like spiral and the water is fully absorbed, about 15 minutes. Remove from the heat and let stand, undisturbed, for 5 minutes. Fluff with two forks and transfer to a large glass mixing bowl to cool. Set aside. Combine the lime juice, honey or agave nectar, jalapeno, garlic and cumin in a glass mixing bowl, whisking briskly. Drizzle in the oil slowly, continuing to whisk. Once the vinaigrette is smooth and slightly thickened, whisk in the chopped parsley and the lime zest. Season with salt. Place the oranges, onions and almonds in a medium mixing bowl. Pour in about half of the lime vinaigrette and gently toss. Fold into the quinoa. Drizzle in the remaining vinaigrette, and toss to combine thoroughly. Season with salt. Transfer the quinoa salad to a large serving bowl, garnish with arugula, red leaf lettuce, almonds and parsley.