

## **1 Cup Salad**

- 1 c quinoa, cooked with a pinch of salt in 1 3/4 cups water
- 1 c grated carrot
- 1 c finely chopped cucumber
- 1 c finely chopped bell pepper
- 1 c freshly cooked corn kernels
- 1 c finely chopped hearts of palm
- 1 c finely chopped parsley
- 1 c quartered cherry tomatoes
- 1/3 c finely chopped red onion
- 3 T each olive oil, lemon juice
- 1 t each kosher salt, freshly ground black pepper

In a large bowl, add all ingredients except for tomatoes. Blend and adjust seasoning. Transfer to a serving bowl, then garnish with tomatoes. Serves 6 - 8.

**Jittery Cook**