



# Quinoa Herbs Salad



- ♥ 1 cup dry white quinoa
- ♥ 1 bunch flat-leaf/Italian parsley (finely chopped)
- ♥ A handful of mint (finely chopped)
- ♥ 5 oz. Pomegranate seeds
- ♥ 1 lemon
- ♥ 1 tbsp. olive oil
- ♥ ¾ cup salted almonds
- ♥ Salt

1. In a medium pot, add 1 cup dry white quinoa to 1 ½ cup of water. Add a dash of salt and bring to a boil. Lower to low/mid-heat. Cover the pot. Cook until all the water is fully absorbed. Cooldown a bit and fluff up lightly with a fork. If you cook with too much water, it will be sticky and mushy, so follow the ratio above.
  2. Once quinoa is cooked fully and cooled a bit, add the parsley and mint. Mix well.
  3. Add the olive oil and squeeze half or the whole lemon in (I usually squeeze a full lemon, but add it to your liking.)
  4. Add the pomegranate seeds and the almonds, give it a toss and serve.
- Add salt if desired. However, the salt in the quinoa and the salted almonds should give it the right touch.

Ella Hirsh  
INHC, IMT, NCTMB

InnerMederi

Tel: 520-243-3833  
email: [ella@innermederi.com](mailto:ella@innermederi.com)