Creamy Quinoa Pesto Salad

Date : 18-11-2018

Ingredients

- 1 ½ cups cooked quinoa
- 1 cup broccoli
- 1 cup asparagus (chopped)
- ½ cup spinach
- 3 tbs diced red onion
- 1 tbsp minced garlic
- 1 tsp olive oil

Dressing:

- 2/3 cup basil
- ? cup grated parmesan cheese

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- ½ cup cashews
- 2 tbsp olive oil
- ½ tsp salt

Method

1. On medium heat, saute minced garlic in olive oil until slightly browned
2. Add broccoli, asparagus, spinach, and onions, and cook until all ingredients are tender but still crunchy
3. Remove from heat and mix in cooked quinoa
4. Place all dressing ingredients in a food processor and blend until smooth
5. Mix dressing into salad until all ingredients are well coated
6. Enjoy!!

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