

Quinoa Veggie Salad with Sunflower Seed “Parmesan”

Makes 4 Servings

Ingredients:

- 1 cup uncooked quinoa
- Sea salt
- ½ bunch parsley, minced
- 1 (15 oz) can chickpeas, drained and rinsed
- 1 (15 oz) can sweet corn, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 1 green bell pepper, minced
- 1 red bell pepper, minced
- 1 small celery stock, minced
- 1 lime, juiced
- 3 Tbsp extra-virgin olive oil
- freshly ground black pepper

Sunflower Seed “Parmesan”

- ½ cup roasted unsalted sunflower seeds
- 2 Tbsp nutritional yeast
- ½ tsp sea salt

Directions:

1. Rinse the quinoa in a fine-mesh sieve and drain well. Transfer the quinoa to a small saucepan and add a pinch of salt and 2 cups water.
2. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 12 to 15 minutes, until the water has been absorbed.
3. Remove from heat and let stand, covered, for 5 minutes. Uncover and fluff the quinoa with a fork and let cool.
4. Put the frozen peas in a colander and set them under cool running water to thaw. Drain the peas well and transfer to a large bowl.
5. Add the parsley, chickpeas, corn, pinto beans, bell peppers, celery, lime juice, and olive oil and season with salt and black pepper. Toss to combine.
6. Add the cooled quinoa to the bean mixture and toss to combine.

Sunflower Seed “Parmesan”

1. In a food processor, combine all the sunflower seed “parmesan” ingredients and pulse a few times until broken down to the consistency of grated parmesan.
2. Top the quinoa veggie salad with the “Parmesan” and serve.