

## Quinoa Salad

### Ingredients:

1 C. quinoa, cooked and cooled  
½ pound wild caught salmon, grilled steak, or grilled chicken  
Leaf lettuce, washed and chopped into thin pieces, about 4 cups  
1 cucumber, peeled and diced small  
3 boiled eggs, peeled and chopped small  
1 C. grated cheddar cheese  
1 can sliced black olives, drained and rinsed  
1 large can pineapple tidbits, in pineapple juice, drained  
1 small can mandarin oranges, fruit juice sweetened, drained  
1 avocado, peeled, seeded and diced  
4 fresh button mushrooms, sliced  
1 tomato, chopped (we don't usually use this unless they are really good or in season)  
Your favorite dressing. Lori's Dressing is very good. See recipe below.

Break up the salmon into very small pieces. If using steak or chicken cut into small slices/pieces. Place the remaining ingredients into individual serving dishes.

Serve by each person making their own salad with lettuce on the bottom, then quinoa, and then the remaining toppings of their choice. Add dressing.

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Lori's Dressing by: Lori Alexander

In a blender or Cuisinart (food processor) put

1 egg yolk  
2 t. sea salt  
1 t. pepper (I use 1/4t.)  
2 t. Dijon mustard  
2 garlic cloves, grated very finely or use a microplane grater  
1 t. sugar, or a tiny squirt of Stevia (I use turbinado sugar)  
½ C. apple cider vinegar (I use ¼ C.)

Mix well and slowly add 1 and ½ cups olive oil, not extra virgin olive oil or it is too strong, just regular olive oil. I usually add ½ C. extra virgin and 1 cup regular olive oil because I know extra virgin is better for you. Slowly add the oil as the blender or food processor is running. If you hold the cup up high enough and pour slowly it will make a stream and blend well, thickening as it blends. This takes about 1 – 2 minutes. Do not overblend. Also, I found that using a VitaMix blender does not work because it gets too hot. A food processor works better.

Store in a glass jar in the refrigerator for up to 3 weeks.