**Grilled Veggie Quinoa Salad**

Source: Joyous Health by Joy McCarthy

Ingredients

1/3 cup (80 ml) quinoa

2/3 cup (160 ml) water

½ pepper coarsely chopped

½ zucchini, coarsely chopped

½ onion cut into 2 wedges

1 tsp (5 ml) oil

1 cup (250 ml) chopped spinach

1 tbsp (15 ml) crumbled feta cheese or goat cheese

2 tbsp (30 ml) chopped parsley

Dressing

1 tbsp (15 ml) lemon juice

5 ml of cider vinegar

5 ml Dijon mustard

50 ml oil

1 clove of garlic minced

¼ tsp (1 ml) salt

Method:

1. Preheat oven to 400
2. Rinse quinoa in a sieve, then place in a small pot with 1 cup of water. Bring to a boil, reduce heat to low/minimum, cover and cook 15 minutes.
3. Lightly toss pepper, zucchini and onion in oil. Place on a parchment lined cookie sheet and cook 20-30 minutes (until vegetables have wilted and browned on edges)
4. Combine quinoa, roasted vegetables and kale in a large bowl.
5. In a small bowl whisk together dressing ingredients.
6. Toss dressing with salad and cheese.
7. Garnish with parsley