

Greek Goddess Vegan Quinoa Salad

Ingredients

- 3 cups of cooked quinoa (about 1 cup uncooked)
- 1 large cucumber
- ½ onion
- 7.5 oz. sprouted tofu (or other tofu)
- ½ cup chopped kalamata olives

For the dressing:

- 1 clove of garlic
- A small piece of fresh ginger (about 5 grams)
- 1 cup fresh cilantro, lightly packed
- 1 cup fresh parsley, lightly packed
- 2 cups fresh spinach, lightly packed
- ¼ cup tahini
- Juice from one lemon
- Salt and pepper, to taste

Steps

1. Peel and chop the cucumber into small cubes. Cube the tofu, and dice the onion. Chop the olives and place all the ingredients in a large bowl and toss.
2. Place all the ingredients for the dressing in the blender and blend until smooth, and add water as needed to thin. Pour over the salad and toss to combine. Serve room temperature or chilled.

