



## QUINOA – JICAMA SALAD

Serves 4 - 6

- 1-2 cups. **SUGAR SNAP PEAS**
- 1 lb. **JICAMA**, peeled and cut into 1-inch sticks (2 cups)
- 12 **CHERRY** and/or **YELLOW PEAR TOMATOES**, cut in half
- 3 cups cooked **QUINOA** (see below)
- ½ cup fresh **ORANGE JUICE** (from 1 or 2 oranges)
- 1 tbsp. fresh **LEMON JUICE**
- 1 tbsp. seasoned **BROWN RICE VINEGAR**
- ½ tsp. coarse **SALT**
- ½ cup chopped fresh **CILANTRO**
- 2 pinches **CAYENNE** or dashes **HOT SAUCE**

Add jicama, sugar snap peas, cherry tomatoes to quinoa.  
Other vegetables can be used also.  
In a small bowl add, orange and lemon juices, vinegar, salt, cilantro and cayenne. Mix.  
Add to vegetables and quinoa and toss to combine.

## BASIC QUINOA

Serve this quinoa on its own as you would rice, or use it as a base in dishes like the one above. It will keep, covered and refrigerated for up to 3 days.

- 1 cup uncooked **QUINOA**
- 1 - 1/2 cups **WATER** or **VEGETABLE BROTH**

Place quinoa in fine-meshed sieve and rinse under cold water until foam subsides. If desired, toast quinoa: In small dry skillet, cook quinoa over medium heat, stirring constantly with wooden spoon, until lightly toasted, 3 to 4 minutes. Transfer quinoa to small saucepan. Add water and bring to boil. Reduce heat to low, cover and simmer until liquid is absorbed, 15 to 20 minutes.

Makes 3 cups

## SCONES

- 1 ½ cups whole wheat flour (I add some barley and rice flour)
- 3 Tbsp brown sugar or honey
- 2 tsp cream of tartar (optional)
- 1 tsp baking powder
- 1 ⅓ cup quick oats
- ½ cup canola (olive) oil
- ½ cup sliced almonds
- ½ cup currants
- ½ cup soy milk



1. Preheat oven to 375°F.
2. Sift flour, cream of tartar, baking powder into mixing bowl. Mix quick oats and brown sugar into the sifted dry ingredients. Add the almonds and currants.
3. Combine oil and milk. If using honey for the sweetener, whisk it into the oil until it is dissolved.
4. Pour the oil mixture into the dry ingredients and knead a few times to combine the ingredients thoroughly. (Avoid over kneading or the dough will have a tough texture)
5. Working on a lightly floured board, pat the dough to a circle about ½ inch thick. Using biscuit cutter, cut rounds from the dough and place them on a large baking sheet. Gather the scraps into a ball, pat them out, and cut more scones until all the dough has been used. You can brush the tops of the scones with the milk. (optional)
6. Bake for 12-15 minutes, or until golden. Serves warm with fruit salad, fruit butter or fruit soup.

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## FRUIT SOUP

- 1 frozen unsweetened apple juice
- Water
- Diced fruits (quince, apple, pear, prunes)
- Boiled all together for 3-5 minutes
- Add frozen berries, turn off stove and let it stand for couple of minutes.
- Serve hot or cold!

