



Layered Quinoa and Bean Salad

1 ½ cups (350 mL) water

¼ tsp (1 mL) salt

¾ cup (180 mL) quinoa

1 cup (250 mL) chopped green beans, cut diagonally into bite-sized pieces

1 cup (250 mL) chopped yellow wax beans, cut diagonally into bite-sized pieces

1 cup (250 mL) English peas, fresh from the pods

1 × 14 fl oz (398 mL) can pinto beans, drained and rinsed

1 × 14 fl oz (398 mL) can kidney beans, drained and rinsed

1 cup (250 mL) **Eatmore Sprouts sprouting beans**

¼ cup (60 mL) Lemon Vinaigrette (see page 3)

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Directors

In a medium saucepan, bring the 1½ cups (350 mL) water to a boil. Add salt and quinoa. Reduce heat to low, cover and simmer for 20 minutes. Remove from heat and allow to cool.

In a small pot of boiling water, blanch green beans by cooking for 3 minutes. Remove beans to an ice bath, leaving the boiling water in the pot, and allow beans to cool for a few minutes. Drain. Repeat the process for the yellow beans.

Line up your jars and divide the quinoa among them. Add beans and peas in layers, adding the sprouting beans last. Secure the lids and transport the salads to your picnic in a cooler.

When ready to serve, add Lemon Vinaigrette (see next page for recipe) and shake the jars to dress the salads. Pass out forks. No plates required!

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at www.eatmoresprouts.com





Lemon Vinaigrette

Makes $\frac{1}{4}$ cup (60 mL) If you don't have a fresh lemon, use 1 Tbsp (15 mL) white wine vinegar, red wine vinegar or balsamic vinegar.

Ingredients

- 1 clove garlic, finely minced
- $\frac{1}{4}$ cup (125 mL) extra-virgin olive oil
- 1 Tbsp (15 mL) Dijon mustard
- Juice of $\frac{1}{2}$ lemon
- Pinch of salt
- Pinch of pepper
- Pinch of granulated sugar

Whisk ingredients together until well blended. Refrigerate in an airtight container.

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