

## SOUTHWEST QUINOA & CHICKPEA SALAD

1 cup quinoa  
1  $\frac{3}{4}$  cups water  
1/8 tsp. salt  
1 cup canned chick peas, rinsed and drained  
1 medium tomato, seeded and chopped  
1 clove garlic, minced  
3 tbs. lime juice  
2 tbs. fresh cilantro, finely chopped  
4 tbs. extra virgin olive oil  
1/2 tsp. ground cumin

Place the quinoa in a fine-mesh strainer and rinse under cold running water until the water runs clear. Bring the water to a boil in a medium saucepan over high heat. Add the quinoa and salt and return to a boil. Reduce the heat to low, cover, and simmer for 20 minutes, or until tender and the liquid is absorbed. Meanwhile, in a large bowl, combine the chickpeas, tomato, garlic, lime juice, cilantro, oil, and cumin. Add the quinoa and toss to coat well.

Makes 4 servings (and is equal to 1 serving of protein + 1/2 serving from #1 Veggies)