

Red Quinoa Salad

Plantrician approved recipe by Andréa Dunnam



This hearty salad is a delicious, nutrient-dense dish that brings together wholesome ingredients to support overall wellness. Red quinoa serves as the fiber- and protein-rich base, helping to promote satiety and support blood sugar balance. Scallions and Italian parsley add a fresh burst of flavor along with antioxidants and phytonutrients that support immune health. Pine nuts and raw cashews contribute heart-healthy fats, plant-based protein, and essential minerals like magnesium and zinc. Naturally sweetened with dried cranberries or pomegranate seeds, this salad delivers a satisfying contrast in flavor without added sugars or oils. Perfect as a main dish or side, this salad is a refreshing way to fuel your body and support heart, gut, and immune health—all in one bowl.

Yield: Four Cups

Ingredients:

- 1 cup Red quinoa
- 1 ¾ cups Water
- ¼ cup Scallions, sliced
- 3 T Italian Parsley, chopped
- 3 T Pine nuts unsalted
- ¼ cup Raw cashews
- 2 T Dried cranberries unsweetened and no oil or pomegranates seeds
- To taste Fresh ground pepper
- To taste Salt alternative, e.g., Benson's Table Tasty

Directions:

-In a medium pot, combine 1 cup quinoa and 1 ¾ cups water. Bring to a boil. Then, reduce heat, cover and simmer until water is absorbed. Let cool.

-Transfer quinoa to a large bowl.

-Add scallions, Italian parsley, pine nuts, raw cashews, dried cranberries, fresh ground pepper, and salt substitute. Stir until all ingredients are combined.

Quinoa Salad can be served cold or at room temperature.

Notes:

Strawberry vinegar would be a fantastic addition to this Red Quinoa Salad. Its naturally sweet and fruity notes would beautifully complement the nuttiness of the quinoa, the richness of the nuts, and the brightness of the parsley and scallions.

Recipe Author

Andréa Dunnam of The Plantrician Project, is a plant-based cook who enjoys sharing simple, approachable recipes through live cooking demonstrations. She focuses on creating whole food, plant-based dishes using everyday ingredients that are both nourishing and delicious.

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