



Hana Tsunomata Citrusy Quinoa Salad

Cooking your Quinoa: Important thing is to rinse your Quinoa first, place in a mesh strainer and rinse very well. 1 cup quinoa to 1 $\frac{3}{4}$ cup liquid. Start by bringing the liquid to a simmer then adding the quinoa and turning the heat to a low simmer, cover and leave for twelve minutes, remove from heat fluff and let sit covered for 5 minutes. I lift the lid during the last of those twelve minutes to ensure that the liquid isn't being absorbed too quickly, this doesn't affect the outcome. Liquid can vary depending on what you're paring it with; I've used water, stock, and even orange juice.

2 cups cooked Quinoa
 $\frac{1}{2}$ cup dried Hana Tsunomata, Hydrated
 $\frac{1}{2}$ cup fresh blueberries
 $\frac{1}{2}$ cup chopped cranberries
2 green onions
 $\frac{1}{2}$ cup pumpkin seeds
 $\frac{1}{2}$ cup Maple grapefruit Vinaigrette
 $\frac{1}{2}$ cup crumbled goat cheese

In a bowl toss all ingredients above and serve.

Grapefruit and maple vinaigrette

2tsp Dijon mustard
1 clove garlic finely chopped

1 ½ cups vegetable oil
1 cup maple syrup
1 cup freshly squeezed grapefruit juice
Sea salt and pepper, to taste

Whisk together till emulsified refrigerate and serve with your favorite greens. Alter tartness with more or less oil.