



CHEF AMA

## Quick Quinoa Salad

SERVES 8 PEOPLE    PREP TIME 5 MINUTES    COOK TIME 15 MINUTES

**YUM!** The first 100 registered participants will receive a free produce bag.

### INGREDIENTS

- 2 cups water
- 1 cup quinoa
- ¼ cup olive oil
- ¼ cup Bragg Liquid Aminos
- ½ carrot (finely diced)
- ½ celery rib (finely diced)
- ½ shallot (finely diced)
- parsely sprig (finely minced)
- 2-4 sundried tomatoes in oil (finely sliced) - optional

### Directions

- 1 In a medium sauce pot bring water to boil.
- 2 Add olive oil to boiling water.
- 3 Add liquid aminos to boiling water.
- 4 Add quinoa to boiling water and stir.
- 5 Simmer quinoa on low heat for 5 minutes.
- 6 Cover quinoa and let stand for 10 minutes.
- 7 Transfer cooked quinoa to a mixing bowl.
- 8 Add vegetables and herbs.
- 9 Mix well. Let cool.
- 10 Serve as a salad, side salad or in a vegetable wrap.



We cover what matters.



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# Mama Ama's Marinated Greens Salad

SERVES 6 PEOPLE    PREP TIME 15-30 MINUTES

**YUM!** The first 100 registered participants will receive a free produce bag.

## INGREDIENTS

- 1 bunch fresh greens of choice collards, kale, chard, etc (washed, dried and thinly sliced)
- 1 rib celery (thinly sliced half moons)
- 1 small red onion or shallot (finely diced)
- 1 clove garlic, minced
- 1 tsp fresh thyme leaves or ¼ tsp dried thyme
- 1 cayenne chili, minced
- ½ cup lemon juice
- ½ cup Bragg Liquid Aminos
- ¼ cup olive oil

## Directions

- 1 Combine all ingredients in your favorite salad bowl
- 2 Serve immediately as a side salad or as an accompaniment



We cover what matters.