



POMEGRANATE QUINOA WITH PISTACHIOS AND MINT

SERVINGS: 6

PREP TIME: 15 MIN

Though it belongs to the berry family, pomegranate means “apple with many seeds”. With it’s incredible level of antioxidants, this fruit pairs perfectly with protein packed quinoa. Studded with roasted pistachios and finished with fresh mint, this salad will is sure to be a festive (and healthy!) addition to your table.

Ingredients:

- 3 cups cooked quinoa
- 1 pomegranate, seeded
- ½ cup roasted pistachios, roughly chopped
- ¾ cup of your favorite vinaigrette
- 2 TBL fresh mint, chiffonade

Preparation:

1. To remove seeds from pomegranate: cut fruit in half, through the “equator” section. Gently squeeze to loosen up the seeds. Over a bowl of cold water, tap the back of each pomegranate half until all of the seeds have fallen into the water. The pulp will float to the top, leaving the seeds in the bottom of the bowl. Strain pulp, then strain water. Set seeds aside.
2. In a large bowl, combine quinoa, pistachio, pomegranate seeds, mint, and dressing. For best results, chill for 1-2 hours in order to allow the flavors to develop. Optional additions: crumbled feta cheese or grilled chicken.



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