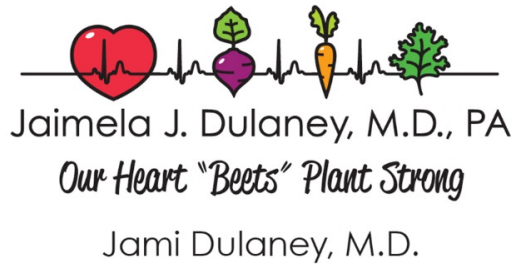


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## Pea, Broccoli & Quinoa Salad

### Ingredients

- 1 1/2 cup of cooked quinoa
- 1 cup of cooked peas
- 1/2 cup of cooked edamame beans
- 1/4 cup of almonds - roughly chopped
- 2 tbsp of pumpkin seeds
- 1/2 head of broccoli
- a bunch of mint (leaves only) - finely chopped
- a bunch of dill - finely chopped

#### ***For the dressing:***

2-3 Tbsp vinegar  
1 tsp of wholegrain mustard  
1 tsp of maple syrup  
the juice of 1/2 lemon  
Black pepper to taste

#### ***For the quick pickled onion:***

1/2 red onion - finely sliced  
enough white wine vinegar to submerge the onion

### Directions

1. To make the quick pickled onion add the sliced onion to a container. Submerge the onion completely with the vinegar, cover with a lid and place it in the fridge for 1-2 hours.
2. To make the dressing mix everything together until combined.
3. Chop the broccoli as finely as you can, almost to a rice kind of consistency. Add the broccoli to a large bowl together with the quinoa, peas, edamame and finely chopped herbs.
4. Add the chopped and pumpkin seeds to a dry pan and toast them on medium heat for 5 minutes. Add them to the bowl.
5. Pour the dressing over the salad, mix everything together and top with the pickled onion.

*\*Makes 4 servings*