

Chef AJ's Quinoa Salad with Currants and Pistachios

INGREDIENTS:

1-16 ounce box of quinoa, cooked and cooled (8 cups) - tricolor preferred

1 cup lime juice and zest from limes (approximately 8) - or one cup organic bottled lime juice

2 ounces finely chopped scallions

2 ounces finely chopped Italian parsley

2 ounces finely chopped mint

2 cups currants

8 ounces of raw pistachios

1 cup pomegranate seeds (when in season)

METHOD:

Prepare quinoa according to the directions on the package. Place in large bowl and allow to cool. Juice and zest limes. Pour over quinoa. Add remaining ingredients and mix well. Chill.

About Chef AJ

Chef AJ is a chef, culinary instructor, professional speaker and author. She has followed a plant-based diet for over 30 years and she holds a certificate in plant-based nutrition from Cornell University and is a member of the American College of Lifestyle Medicine.

For more great recipes from Chef AJ get her book "Unprocessed" at [Amazon.com](https://www.amazon.com)

Get more information on Chef AJ's teleclasses and seminars at <http://www.chefajshhealthykitchen.com/>