
Dr. Ruby's Sprouted Cranberry Quinoa

By Ruby Lathon, PhD

Quinoa is really popular these days, partly due to its versatility and the fact that it is a complete protein (has all of the essential amino acids). This is a great lunch item and keeps well in the fridge for several days.



Ingredients

- 3 cups sprouted quinoa (or cooked if desired)
- 1 cup dried organic cranberries
- 1 cup organic raisins
- 1 cup organic celery, diced
- 1 cup parsley, chopped
- 1/2 cup green onions (scallions)
- 1/2 cup raw sunflower seeds
- 3-4 tablespoons organic red wine vinegar
- 2 tablespoons fresh lemon juice
- 2 teaspoons extra virgin olive oil
- 1 teaspoon sea salt or to taste
- 3 cups curly kale, torn into bite size pieces

Preparation:

1. Cook sprouted quinoa per label instructions.
2. To sprout raw quinoa: **To sprout quinoa ("keen-wa")**, put 1.5 cups of quinoa in a mason jar and fill it with purified water. Let it soak 6-12 hours. Drain and rinse the quinoa and let it sit on the counter for the next 24-48 hours, making sure to rinse it every morning and every night. After 24 hours, you will see little tails starting to grow out of the quinoa. You can then eat and/or store the quinoa in the refrigerator for a few days.
3. Put quinoa in large mixing bowl; set aside.
4. In a separate bowl mix red wine vinegar, lemon juice, olive oil, sea salt, and parsley with a whisk.
5. Mix kale with quinoa. Pour dressing over quinoa and kale.
6. Toss the quinoa with the cranberries, raisins, celery, green onions, and sunflower seeds.
7. Chill until ready to serve.