Red Quinoa Chop

Ingredients:
* 1 cup red quinoa prepared in vegetable broth
* 2 cups broccoli, chopped
* 2 cups cauliflower, chopped
* 2 cups carrots, chopped
* 1 cup radishes
* 1 cup green onions
* 1 cup dried cranberries
* Garnish: sunflower seeds

Dressing:
* 4 tbsp olive oil
* 2 tbsp balsamic vinegar
* 1 tsp sea salt
* Dash of honey
* Lemon juice to taste

Directions:
Prepare quinoa according to package directions, substituting vegetable broth for water. Chop vegetables in small bite-size pieces and mix with cooked quinoa. Whisk dressing ingredients and toss with salad. Sprinkle with sunflower seeds.

Quinoa is an amino acid-rich (protein) seed. It is a relative of leafy green vegetables like spinach and Swiss chard.