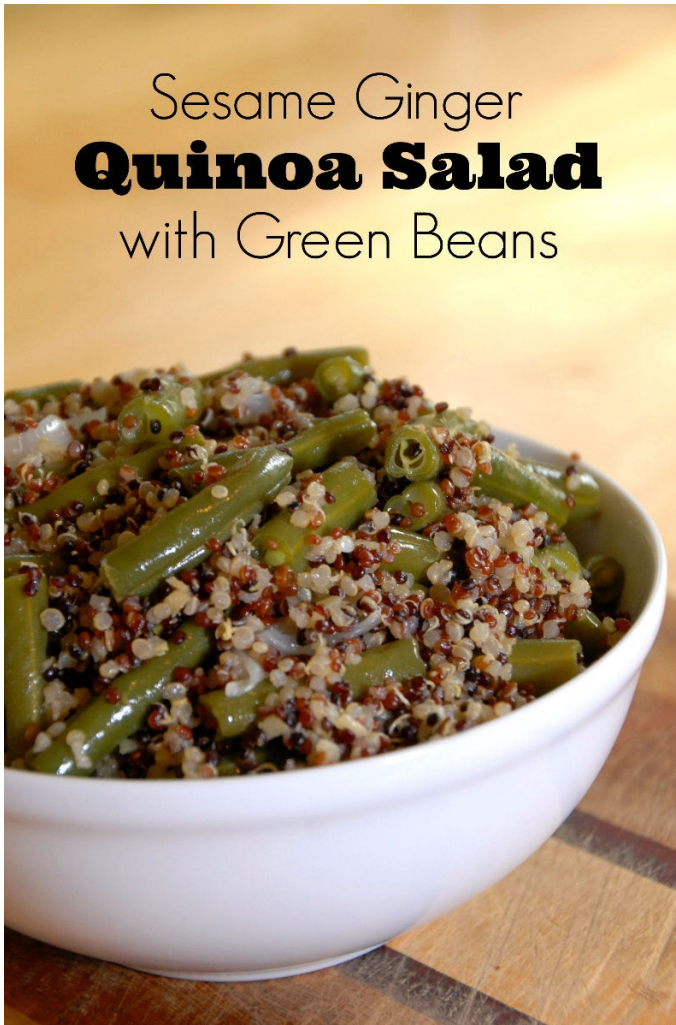


Sesame Ginger Quinoa Salad with Green Beans

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Ingredients:

- 1 cup quinoa
- 1 onion
- 1 tablespoon cooking fat (coconut oil, butter or ghee)
- 1 pound green beans (or a little less)
- 1-2 inch piece fresh ginger (approx. 2 tablespoons), minced
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 2 tablespoons toasted sesame oil

1. Combine quinoa with 1 1/2 cups water in a small pot. Cook over medium-high heat. As it just reaches a boil, turn to low and simmer until all the water is absorbed, about 20 minutes.
2. Dice onion. Add cooking fat to a medium to large sized skillet (with a lid) over medium heat. Add onion and sauté, stirring occasionally. Meanwhile clean green beans and cut off ends. Cut beans into thirds. When onion is translucent add green beans, minced ginger and minced garlic to onions. Add 1/4 cup water and cover. Cook for 20-25 minutes until beans are tender, stirring occasionally.

3. Place cooked quinoa and green bean mixture in a bowl. Add salt and toasted sesame oil and combine well. Enjoy hot or room temperature.