

Nasrin's Quinoa Lentil Salad

1 cup Quinoa

1 cup lentils

2 TBS Liquid Aminos

2 TBS mustard

2 TBS red wine vinegar

1 TBS sprinkle seasoning.

1 Shallot

2 cup baby arugula

1 fennel bulb sliced thinly

1/2 cup diced roasted red pepper

1/4 cup roasted cashews

1 lemon cut into wedges

cook quinoa and lentils separately as package instruction

in large bowl Wisk together Amino, mustard, vinegar, seasoning,& shallot. Add Quinoa, lentils ,arugula, fennel and pepper. to so to combine. Garnish with cashew and lemon wedge.