

Quinoa Salad with Zucchini and Mint Pistachio Dressing

JOYOUS HEALTH

Recipe by Bianca Osbourne from Joyous Health

Ingredients:

- 1 zucchini, spiraled with a spiralizer or shaved using a peeler
- ½ cup quinoa, cooked according to package instructions
- Dressing
 - 1 tbsp chopped scallions
 - ½ cup pistachios, soaked 2 hours and drained
 - 1 clove garlic
 - 1/3 cup lemon juice
 - 2/3 cup olive oil
 - ½ cup fresh mint leaves, packed
 - Salt and pepper to taste
- Garnish
 - ½ cup raw pistachios
 - ¼ cup fresh mint leaves

Instructions:

1. In a food processor add the pistachio, scallion, garlic, lemon juice, olive oil, mint, salt and pepper; pulse until it reaches your desired consistency. This sauce can be store up to one week covered in the refrigerator.
2. Toss the dressing with the cooked quinoa and zucchini noodles; garnish with pistachios and mint leaves.