Peruvian Quinoa and Orange Salad

**Ingredients**

1 pound quinoa
1 chayote or a small cucumber, diced
6 scallions, white and tender green parts, chopped
Small handful chopped parsley or cilantro
Small handful of chopped mint
1 to 2 oranges, segments divided and zest finely grated
2 green or red jalapeño chiles, seeded and chopped
6 tablespoons extra virgin olive oil
Salt to taste
2 tablespoons freshly squeezed lemon or orange juice
Directions

1. Rinse the quinoa under cold running water until the water runs clear.
2. In a large pan, cover the quinoa with double its own volume of water. Bring to a boil, and then lower the heat to a simmer with the lid on loosely. Cook for about 15–20 minutes or so, until the quinoa is translucent and the water has absorbed.
3. Combine the warm quinoa with the chayote, scallions, parsley/cilantro, mint, orange zest, jalapeños, olive oil, lemon juice and salt to taste. Taste and add whatever is needed—maybe a little more salt or an extra squeeze of lemon. Serve warm or cold.

Source: Oldways