

## Double Rainbow Quinoa (Juiceland)

### Ingredients:

1/2 cup dry quinoa (and water to steam)  
1 lb cucumbers  
1/4 small red bell pepper  
1/4 small orange bell pepper  
1/4 small yellow bell pepper  
1/8 purple onion  
1/4 cup pistachio kernels  
1/4 bunch of parsley  
5 dried Turkish apricots  
1/4 cup cashews  
3 or 4 cloves of garlic  
1.25 oz lemon juice  
1.5 oz olive oil (plus a few drops to coat apricots)  
Sprig of mint, stem removed  
Sea salt

### Directions:

Steam the quinoa in water according to the directions for that brand, and let it cool in the refrigerator.

Peel the cucumbers and slice them about 1/8 of an inch thick. Toss them thoroughly in 1/4 tsp of salt and set them aside for half an hour.

Chop the bell peppers and onions into 1/2 inch squares.

Chop the parsley.

Coat the apricots lightly in oil and chop into small pieces.

Mix together the peppers, onions, parsley, and apricots with the pistachios. Set aside 1/3 cup of the mixture and combine the rest of it with the cooled quinoa in a mixing bowl.

Strain the liquid from the cucumbers and blend 1.5 oz\* of it with the cashews, lemon juice, garlic, and 1/3 tsp of salt until smooth. Add oil as it continues to blend. Turn off blender and add mint. Resume blending until the mint is finely chopped in the sauce.

Combine contents of blender with strained cucumbers to finish the sauce.

To serve, top quinoa mixture with cucumber sauce and sprinkle with reserved peppers, onions, parsley, apricots and pistachios.

\*If the cucumbers don't produce enough juice, you should be able to squeeze or press them in order to yield more of it. If your blender has trouble blending such a small amount of sauce, you can add extra cucumber juice to get it going before adding the oil.