

## Kinoa salad

1 cup of kinoa (may be either regular or red)

1 red onion - cropped

1 cup of dried cranberries or dried apricots cut to strings or dried tomatoes cut to strings

Parsley - cropped

Sunflower/pumpkin seeds - *optional*

Olive oil - 2 table spoons

Balsamic Vinegar - 2 table spoons

Boil kinoa - 1 cup of kinoa to 1.5 cups of water, 20 min. Let it cool down.

Add all the ingredients.

Season with olive oil, vinegar and salt before serving.

Bon appetit :)