

Did you know that six variations in the HLA genes can be used to classify individuals into predefined risk groups for gluten intolerance. For some people, gluten can cause severe digestive problems leading to nutrient malabsorption or other health problems.

Quinoa Salad with Pears, Baby Spinach, & Pecans

Ingredients

- 1 cup organic quinoa
- 2 handfuls baby spinach leaves, washed, drained
- 1 large ripe pear, washed, stemmed and cored, cut into pieces
- 1/2 cup chilled chick peas, rinsed, drained
- 2 tablespoons fresh chopped parsley
- Sea salt and fresh ground pepper, to taste
- 1 handful of pecans, pan toasted and salted to taste

For Maple Vinaigrette:

- 4 tablespoons extra virgin olive oil
- 3 tablespoons golden balsamic vinegar
- 2 tablespoons pure maple syrup

Instructions

1. Rinse the quinoa thoroughly in a fine sieve. Place the quinoa in a saucepan or a rice cooker. Add 2 cups fresh water, and a pinch of sea salt. Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender- roughly 20 minutes. Fluff with a fork and dump it into a large salad bowl.
2. Add the baby spinach, pear, chick peas, and chopped parsley to the quinoa and fluff.
3. Whisk together the vinaigrette, pour it over the quinoa salad and toss gently to coat. Season to taste with sea salt and ground pepper.
4. Just before serving, add the toasted pecans and lightly combine.



Source: <https://glutenfreegoddess.blogspot.ca/2010/10/quinoa-salad-with-pears-and-baby.html>

Nutrigenomix® is the science that helps to uncover the relationship between genes, nutrition and human health. Learn more at www.rmalab.com/nutrigenomix