Quinoa and Cucumber Salad

INGREDIENTS

Salad:
- 2 large cucumbers, quartered and sliced
- 3 1/2 cups cooked quinoa*
- 1 sweet onion, sliced thinly
- 1/2 cup currants
- 1 bunch chard leaves (or other greens like spinach, lacinato kale or mustard-stems removed chopped) into small bite pieces.**
- 1 cup toasted (see toasting nuts) cashews or pecans

Dressing:
- 1/4 cup toasted sesame oil
- 1/4 cup neutral oil
- 1 teaspoon salt
- 1/2 cup rice vinegar
- 2 tablespoons honey
- 2 tablespoons mustard
- 2 tablespoons tamari or soy sauce
- 1/4 cup orange or apple juice
* 1 1/2 cups dry quinoa cooked in 3 1/2 cups water
** The raw greens work fine in this salad as the small pieces soften in the dressing, but maintain their integrity as well as their bright color.

DIRECTIONS

1. In a small bowl, combine dressing ingredients and mix well. In a larger bowl, combine salad ingredients and pour dressing over salad. Mix well and refrigerate until very cold. Serve as is or over a bed of greens.

Serves 10 to 12