



Ham Pineapple Quinoa Salad

INGREDIENTS

3 cups cooked quinoa
1 1/2 - 2 cups cubed ham
3/4 cup finely chopped red bell pepper remove seeds
1 cup pineapple tidbits (reserve juice for dressing)
2 tablespoons finely chopped green onions

Dressing:

3 tablespoons olive oil
2 tablespoons pineapple juice
1 tablespoon honey
1 tablespoon dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS

1. Prepare the quinoa according to package directions to make 3 cups cooked quinoa. 1 cup dry quinoa makes about 3 cups cooked.
2. Meanwhile, prepare all other ingredients and dressing. To make dressing, add dressing ingredients in a jar with a lid and shake to combine.
3. Allow the quinoa to cool completely and add ham, bell pepper and pineapple chunks. Mix together.
4. Pour the dressing over the salad and mix. Season with salt as needed. Top with finely chopped

green onions, if desired. Store salad in the fridge.

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