Super Age Quinoa Salad Recipe

3 MIN READ

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If you’re looking for a side dish that delivers on both flavor and function, look no further than this protein-rich salad.

At the heart of this dish is quinoa, an ancient grain that’s anything but outdated.

Quinoa is more than just a trendy grain. It’s a complete **protein**, meaning it contains all nine essential amino acids your body can’t make on its own. It’s also rich in fiber, which supports healthy digestion and metabolic regulation, two key pillars of healthy aging.

But the benefits don’t stop there. This salad brings in:

- **Walnuts**: Packed with plant-based omega-3s to support brain and cardiovascular health.
- **Apples**: Rich in polyphenols and prebiotic fiber for gut and immune support.
- **Celery and parsley**: Full of antioxidants and phytonutrients that reduce inflammation.
- **Hemp hearts**: A stealthy plant protein boost with essential fatty acids.

Tossed in a bright, honey lemon vinaigrette made with **olive oil**, this dish is deeply nourishing, without any processed ingredients or blood sugar spikes.

Recipe: Super Age Quinoa Salad

Salad

- 1 cup quinoa (tri-color or red for extra antioxidants)
- 2 cups filtered water
- 4 stalks organic celery, diced
- 2 crisp red-skinned apples (Fuji or Braeburn), cored and chopped
- 1/2 cup flat-leaf parsley, chopped
- 1/2 cup raw walnuts, coarsely chopped
- 1 tbsp hemp hearts

Dressing

- 1/3 cup freshly squeezed lemon juice (1–2 lemons)
- 1/3 cup olive oil
- 1/4 teaspoon salt (more to taste)
- a few tablespoons honey (to taste)

Instructions

1. Rinse quinoa and then add to water in a small pot. Bring to a boil, then cover and simmer for 15 minutes. Remove from heat, drain, and let cool.
2. In a large bowl, combine celery, apples, parsley, walnuts, and hemp hearts.
3. In a small bowl, whisk together dressing ingredients.
4. Fluff quinoa with a fork and add to the salad bowl. Drizzle with dressing and toss gently.
5. Serve immediately or refrigerate for 1–2 hours for deeper flavor.

Makes 6 servings
Nutritional Profile (per serving): Calories: 225, Protein: 6g, Fat: 14g (2g saturated),

Carbohydrates: 20g, Fiber: 4g, Sugar: 6g

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