

# **Quinoa Salad with Roasted Pumpkin & Brazil Nuts (*Brazilian-Inspired*)**

## **Ingredients**

- 1 cup cooked quinoa
- 1/2 cup roasted pumpkin cubes
- 1/4 cup arugula or baby spinach
- 1 tbsp chopped Brazil nuts
- 1 tbsp olive oil
- 1 tsp apple cider vinegar
- Salt and pepper to taste

## **Instructions**

1. Roast pumpkin until tender and lightly browned.

2. Combine quinoa, greens, and roasted pumpkin in a bowl.
3. Top with Brazil nuts.
4. Drizzle olive oil and vinegar, toss, and serve warm or cold.

## **Benefits**

Loaded with selenium (from Brazil nuts), anti-inflammatory compounds, and plant-based protein.