



Farmers Markets Spring Quinoa Salad

Cooked quinoa is a perfect protein and is a great addition to a vegetarian diet or as an added protein to any salad. A great spring or summer salad for picnics and barbecues. Take advantage of local and seasonal produce by using any vegetables listed in the recipe. Serves 4 to 6. Prep time: 30 minutes

Ingredients:

For quinoa and vegetables:

- 1 c. quinoa
- 1²/₃ c. filtered water or vegetable broth
- 4-5 c. vegetables all together, such as:
 - 1-1¹/₂ c. asparagus, snap peas, green beans, diagonally sliced
 - 1-1¹/₂ c. radishes, cucumber, fennel, tomatoes, diced
 - 3 green onions or ¹/₃ small Walla Walla, red or yellow onion, finely diced
 - 1 bunch leafy greens (mizuna, arugula, chard, kale or a mix), finely sliced
 - 1 c. fresh herbs (cilantro, basil, mint, parsley, chives), chopped

For Dressing:

- ¹/₄--¹/₃ c. lemon juice
- ¹/₄--¹/₃ c. extra-virgin olive oil
- 3 to 4 garlic cloves, minced
- Salt and pepper

Method:

Place the quinoa in a fine sieve and rinse under running water. In a small saucepan, combine water or broth and rinsed quinoa. Bring to a boil, cover and reduce the heat and let it simmer for 5 to 10 minutes. Turn off the heat and let sit for 15 to 20 minutes to absorb remaining water. Remove and cool completely. Prepare all the vegetables and place in the salad bowl with the cooled quinoa. Make the dressing and toss with the salad and serve

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About Quinoa

Quinoa is native to the Andes, and has been cultivated continuously for more than 5,000 years. Today, most quinoa is imported from South America, although it is being cultivated on the high slopes of the Colorado Rockies. Quinoa has excellent reserves of protein, and has more iron than other grains and high levels of potassium and riboflavin, as well as other B vitamins. It's also a good source of magnesium, zinc, copper, and manganese, and has some folate (folic acid). Quinoa contains no gluten and is much less filling than most other grains and pasta, with a delicious nutty flavor.