

QUINOA SALAD

INGREDIENTS

2 CUPS QUINOA
2 CUPS VEGETABLE BROTH
2 CANS BEANS, DRAINED AND RINSED
1 BUNCH FLAT LEAF PARSLEY, CHOPPED
1/2 CUP SLICED SCALLIONS
1 PINT CHERRY TOMATOES, HALVED
1 LEMON
1 TABLESPOON DIJON MUSTARD
1/2 CUP OLIVE OIL
SALT AND PEPPER

CarolEgbert.com

MUSINGS ON FOOD AND COOKING
FROM A VERMONT KITCHEN



DETAILS

1/2 HALF HOUR
SERVES 8

HERE'S HOW

1 RINSE QUINOA IN COLD WATER, DRAIN AND TOAST IN A HEAVY BOTTOMED PAN OVER MEDIUM HEAT FOR 10 MINUTES, STIRRING CONSTANTLY, UNTIL SEEDS ARE LIGHT BROWN AND AROMATIC.

2 REMOVE PAN FROM HEAT, STIR IN BROTH, RETURN TO HEAT, BRING TO A BOIL, SIMMER UNTIL AL DENTE, ABOUT 18 MINUTES. SET ASIDE FOR 5 MINUTES, FLUFF WITH FORK AND TRANSFER TO LARGE BOWL TO COOL.

3 ADD BEANS, PARSLEY, SCALLIONS, TOMATOES AND ZEST FROM LEMON.

4 DRESSING - COMBINE JUICE FROM LEMON, MUSTARD, OIL, SALT AND PEPPER.

5 POUR DRESSING OVER QUINOA MIXTURE, STIR GENTLY, SERVE AT ROOM TEMPERATURE.

NOTES: ANY CANNED BEANS WILL WORK, YOU MAY WANT TO BRIGHTEN THE TASTE WITH THE ADDITION OF A BIT OF WINE VINEGAR, THE PARSLEY COULD BE REPLACED WITH BASIL, PURPLE ONION INSTEAD OF SCALLIONS, A MINCED CHILI PEPPER OR A BIT OF CAYENNE PEPPER WOULD ADD SOME HEAT. ADD OR SUBTRACT FLAVORS TO SUIT YOUR PALATE.