

Recipes

Quick Quinoa and Veggie Salad

Makes 4-6 servings

Enjoy this recipe full of whole grain goodness that's fast and easy to make (amen to that!). My daughter Emily loves this recipe, as does my husband Joe. My son Jonathan still snubs his nose at it. He's one tough customer, but three out of four isn't bad!

The grain in the recipe is called quinoa (pronounced KEEN-wah), which is grown in South America and is packed with more protein than any other grain.

You won't find quinoa at Walmart, but believe it or not, I have seen it at Ocean State Job Lot in Gardner! I think Big Y carries it as well in the whole grain section. Of course Whole Foods and Trader Joe's carry it.

8-10 tablespoons cold-pressed extra virgin olive oil, divided

1 cup quinoa

2 cups veggie broth

1 cup red or white onion, chopped

2 carrots, diced

1 cup mushroom (Joe picks the wild hen-of-the-woods, but store bought mushrooms work too)

Big handful of frozen veggies (I like green beans, but you can use whatever is in the freezer. You can also use fresh veggies)

4-5 tablespoons red wine vinegar

½ cup dried fruit (I LOVE dried cranberries in this dish. You can also use chopped up dried apricots)

Sea salt

Fresh ground black pepper

Sprinkle of chopped walnuts or slivered almonds

1. Put one tablespoon of olive oil in a saucepan over medium heat. Toss in the quinoa and stir gently. Listen to the popping sound (about 3 minutes) and then add the water. Bring to a boil, reduce heat, cover and cook for 10-15 minutes.
2. In a skillet, sauté the carrots and onions in some oil for about 5 minutes, add the mushrooms and cook for 5 more minutes. Add the frozen veggies and the rest of the oil and vinegar. When the veggies are done, take off the heat.
3. The quinoa is done when pale rings form. Add the dressed veggie mixture and the dried fruit to the quinoa. Season with salt and pepper. Let it side for at least 10 minutes to blend the flavors. The longer this one sits, the better it tastes. Serve each portion with a sprinkle of nuts.