



SPRING QUINOA VEGETABLE SALAD

Yield: Approx. 4 servings

Ingredients

Lemon Vinaigrette Dressing: Process in a mini blender.

- ❖ ½ cup extra virgin olive oil
- ❖ Juice of 1 lemon
- ❖ 1 teaspoon shallots, minced
- ❖ 1 tablespoon honey
- ❖ 1 teaspoon dijon mustard
- ❖ sea salt and black pepper

Salad:

- ❖ 1 cup uncooked quinoa
- ❖ 1 ½ cups water
- ❖ 2 cups frozen peas
- ❖ 2 tablespoons mint, finely chopped
- ❖ 2 tablespoons basil, finely chopped
- ❖ ¼ cup walnuts, chopped
- ❖ ½ cup feta cheese

Procedure

1. In a fine mesh strainer, rinse dry quinoa under cold running water until water is clear.
2. Transfer quinoa to a small saucepan and toast over medium heat until water is evaporated and you smell a nutty aroma.
3. Add water and salt. Bring to a boil, cover and reduce heat to medium-low, and simmer until water is absorbed and quinoa is tender, about 15 minutes. Do not stir.
4. Remove from heat and let stand covered for 5 more minutes.
5. In a large bowl, combine the quinoa, peas, mint, basil and walnuts.
6. Add the dressing and feta cheese. Toss well.