

QUICK QUINOA SALAD

recipe

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Inactive preparation time: 35 minutes

INGREDIENTS

1 cups quinoa
Coarse sea salt
1/4 cup extra-virgin olive oil
2 tablespoons fresh lemon juice
4 tablespoons fresh orange juice
4 cloves garlic, minced and sautéed for 1 to 2 minutes until golden
1/4 cup currants
1/4 cup toasted walnuts, chopped
3 tablespoons minced parsley
Freshly ground white pepper

- If it is not pre-rinsed, rinse the quinoa in a fine-mesh strainer under running water and drain. In a large saucepan over high heat, combine the quinoa and 2 cups of water and bring to a boil. Reduce the heat to low, cover and simmer for 20 minutes, until all of the water is absorbed. Let quinoa steam with the top on for 15 minutes then remove top and cool for about 30 minutes.
- In a large bowl combine the olive oil, lemon juice, orange juice, garlic, currants, walnuts and parsley. Mix well. Add the quinoa and toss well with clean hands. Add 1 teaspoon sea salt plus more to taste if needed. Add pepper to taste.

Recipe adapted from the “Quinoa-Stuffed Cabbage Packages” recipe (from the “New Year’s Eve Good Luck Hors D’oeuvres” menu) in Anna Lappé and Bryant Terry’s *Grub: Ideas for an Urban Organic Kitchen* (Tarcher/Penguin).