

“Bounty of Oroville” Recipe

Fresh Quinoa Salad

Salad Ingredients:

- ❖ 1 cup Quinoa
- ❖ 1 ½ cups cold water
- ❖ ½ tsp salt
- ❖ 1 cup green beans
- ❖ 1 – 2 small carrots, peeled and sliced thin
- ❖ 1 medium ripe tomato
- ❖ 1 medium cucumber, peeled and diced
- ❖ ¼ cup chopped cilantro
- ❖ ½ cup toasted pine nuts

Dressing:

- ❖ 2 tbs freshly squeezed lemon juice
- ❖ ¼ cup olive oil
- ❖ ½ tsp salt
- ❖ Fresh ground pepper
- ❖ Options: Pinch of fresh minced garlic

Quinoa Salad Directions

1. The quinoa can be made ahead of time and refrigerated if you like
2. Soak the quinoa 15 minutes in cold water
3. Rinse thoroughly, pour off most of the water and drain through a large fine mesh strainer
4. Place in 2 quart pot with the water, salt and oil
5. Bring to boil
6. Turn the heat down to very low, cover and cook for 15 minutes
7. Remove from heat and allow to sit for five minutes with lid on
8. Fluff gently with fork
9. Set the pan in a sink full of cold water to cool quickly
10. Steam the carrots and green veggies for 5 minutes, rinse in cold water
11. Chop the tomatoes, herbs and cucumber
12. Blend dressing ingredients with a whisk or shake in a jar
13. Gently combine veggies, pine nuts, quinoa and dressing in a large bowl
14. Cover and chill