

Quinoa Salad with Dried Cherries & Pecans



This dish has a little bit of everything in one bite: sweet, savory, and herbal flavors along with soft, chewy, and crunchy textures!

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 tsp	Olive Oil
1 each	Shallots, minced
2 cloves	Garlic, minced
1½ cups	Vegetable Stock or Water
¾ cup	Quinoa, any variety
½ cup	Pecans
2 cups	Baby Spinach, chopped
1/3 cup	Dried Cherries, chopped
3 Tbsp	Parsley, fresh, chopped (about ¼ bunch)
1 each	Lemon, juiced
1/4 tsp	Kosher Salt
To Taste	Black Pepper, ground

CHEF NOTES

This dish can also be made with whole wheat couscous or any other whole grain you like. You can also use your favorite nuts like almonds, walnuts or seeds like pumpkin or sunflower. Other dried fruit that would be delicious include raisins, cranberries, or apricots.

Because quinoa that contains all nine essential amino acids, this dish is a great source of plant powered protein (and fiber) in a grain style side dish!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Preheat a medium saucepot over medium heat. Add the olive oil and shallots. Sauté the shallots for 2-3 minutes, until fragrant and lightly browned. Add the garlic and sauté for an additional minute.
3. Add the quinoa and vegetable broth, cover with lid. Bring to a boil. Lower the heat and cook, covered, for 15-20 minutes. When done, remove the pot from heat and let sit, still covered, for 5 more minutes. Remove the lid - you will notice a slight "spiral" from the quinoa that happens when the germ separates from the seed. This indicates that it is fully cooked. Transfer the cooked quinoa to a sheet tray and spread into an even layer. Place in refrigerator to cool until assembly time.
4. While the quinoa is cooking, in a small sauté pan over low heat, toast the nuts until fragrant and golden brown, stirring frequently, about 2-3 minutes. Pay close attention, as they can go from golden brown to burnt very quickly. Allow to cool slightly then chop and set aside.
5. Once the quinoa is cooled, add it to a mixing bowl along with the chopped pecans, spinach, cherries, and parsley, lemon juice, salt and pepper and stir to combine. Serve at room temperature or cold.

Nutrition Facts

4 servings per container

Serving size 1 cup (175g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 31g 11%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 3g Added Sugars 6%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.8mg 15%

Potassium 250mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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