

Quinoa Salad with Dried Fruit and Nuts



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 each	Garlic, minced
1 1/3 cups	Vegetable Stock or Water
2/3 cup	Quinoa, any variety
1/4 tsp	Kosher Salt
To Taste	Black Pepper, ground
1/3 cup	Nut of Choice (Almonds, Pecans, Pine Nuts, Pecans, etc.), toasted
2 cups	Baby Spinach, chopped
1/3 cup	Dried Fruit of Choice (Currants, Cherries, Raisins, Apricots, Craisins)
3 Tbsp	Parsley, fresh, chopped
1 each	Lemon, juiced

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Preheat a pot over medium-high heat. Add the olive oil and shallots. Sauté the shallots in the pot for 2-3 minutes until fragrant. Add the garlic and sauté for an additional minute.
3. Add the quinoa and vegetable broth, cover with lid. Bring the broth to a boil. Cover and reduce heat to simmer for about 10 minutes or until quinoa is soft and all liquid is absorbed. Let the pot sit for 5 minutes or until all stock has been absorbed by the grain.
4. While quinoa is cooking, toast the nuts until fragrant and golden brown, in a small pan over medium-high heat, stirring frequently.
5. Remove the lid and use a fork to fluff the quinoa. Place the remaining ingredients (salt, pepper, nut, spinach, raisins or fruit, chopped herb, lemon juice) into the quinoa and gently toss and serve.
6. Serve warm or cold.

CHEF NOTES

This dish can also be made with whole wheat couscous or any other whole grain you like. It's extremely versatile and can be used as a side dish for just about any protein and vegetable. Because quinoa contains all nine essential amino acids, this dish is a great source of plant powered protein on its own!

EQUIPMENT NEEDS

Chef Knife
Cutting Board
Measuring Spoons
Medium Saucepot with Lid
Fork

Nutrition Facts

4 servings per container

Serving Size 1 cup (87 g)

Amount per serving

Calories 230

% Daily Value *

Total Fat 9g 11%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 33g 12%

Dietary Fiber 5g 18%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 7g 15%

Vitamin D 0mcg 0%

Calcium 60mg 5%

Iron 2mg 13%

Potassium 400mg 8%

*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.

Recipe adapted from Health meets Food: Five Treasure Quinoa (10/18/16)



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