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!

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<th>YIELD</th>
<th>PREP TIME</th>
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<td>4 SERVINGS</td>
<td>5 MIN</td>
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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
Recipe adapted from Health meets Food: Five Treasure Quinoa (10/18/16)