



Quinoa-Veggie Salad

Prep time: 30 minutes

This is a great recipe if you have leftover roasted or grilled vegetables, or an assortment of vegetables in your refrigerator. I like to use a big variety of vegetables in this salad (whatever I have on hand, but I always like to include fresh spinach), but you can make a simple salad with just one or two vegetables of your choice.

- 1 c. quinoa, well rinsed in a fine sieve
- 1 3/4 c. water
- 2/3 c. vinaigrette, or more or less to taste (Greek, Italian, etc.; I sometime mix apple cider vinegar, olive oil, fresh lime juice, cumin, coriander, salt & pepper)
- 4 - 6 c. fresh vegetables (I usually use 1 very large bunch of baby spinach, asparagus or broccoli, red bell peppers, carrots & corn, but any vegetable works: peas, green beans, Swiss chard, cauliflower, zucchini, fennel, butternut squash, etc.)
- Salt & freshly ground black pepper to taste
- Optional: garnish with raw or toasted sunflower or pumpkin seeds

Bring quinoa & water to a boil, lower heat to a simmer, and cook for ~ 20 minutes, or until water is absorbed.

Meanwhile, prepare vegetables. If using leftover roasted or grilled vegetables, simply chop the vegetables into bite-size pieces. If using fresh or frozen vegetables, cut the vegetables into bite-size pieces then steam the appropriate vegetables until they are crisp-tender (e.g., don't steam the red bell peppers). If using baby spinach (my personal favorite), don't cook it; simply lay the spinach into the bottom of your large serving bowl and begin adding the hot vegetables & quinoa on top as they are cooked, mixing together so that the heat of the vegetables & quinoa begins steaming the spinach.

Add your choice of vinaigrette dressing and salt & pepper to taste. Serve warm or cold, sprinkled with seeds if desired. Enjoy!

This salad is wonderful served warm or cold. Leftovers are easy to pack in lunches. Since quinoa is a complete protein, this dish is a great one-pot meal, too.