

QUINOA CHOPPED SALAD WITH SIMPLE VINAIGRETTE

This is a simple, filling salad that can be made any time, any day. Adding grains and legumes to salad makes them hearty and packed with protein and whole grains. "Chopped salads" are a great place to use up any veggies in your fridge that are on their last days- cut or grate them and throw them in the mix!



Ingredients

- 1 cup quinoa
- 4 oz cherry tomatoes
- 1 cucumber
- 1 red onion
- 1 bell pepper
- 0.5 bunch parsley
- 1 can of beans (black beans, chickpeas, white beans, etc. would all be delicious!)
- 1 lemon
- 2 Tbsp honey
- 1/4 cup olive oil

From your pantry

- salt and pepper

Equipment:

- Medium pot with lid
- 1 Large bowl

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

MAKES 4-6 SERVINGS

Directions

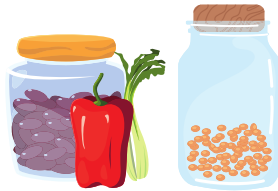
*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Bring to boil **quinoa, 1 1/4 cups water, salt, and pepper** in medium pot. Cover and reduce heat to low. Cook 15-20 min until quinoa is tender and liquid absorbed. Fluff with fork and allow to cool.
2. Remove ends from **onion**, set one half aside and thinly slice the other. Remove ends from **cucumber** and small dice. Cut **cherry tomatoes** in half. Remove core from bell **pepper** and small dice. Rough chop **parsley**. Remove **beans** from can and drain.
3. Juice **lemon** into a jar or medium bowl. Add 1/4 cup **olive oil, honey, 1 Tbsp. parsley** and a pinch of salt and pepper to make your simple vinaigrette. Add **chickpeas and onions**. Allow to marinate for 10 min.*
- *Note: You can keep marinated beans in the fridge for up to two weeks for salads, bowls, etc!
4. In a bowl, toss cooked quinoa, cucumber, tomatoes, bell pepper, red onion, remaining parsley and **marinated beans in vinaigrette**.
6. Divide salad between bowls. Enjoy!

Tips, Tricks, and Terms

KEEP SOME BEANS MARINATED

We talked a lot about cooking your own dry beans last week, so to add on to that (or canned ones too) here is a great way to preserve them! Make a simple vinaigrette in a jar or bowl, make sure to make enough of it. Feel free to add aromatics such as onions or garlic and herbs such as parsley or thyme. Add the beans and allow them to marinate. Keep the jar of marinated beans in the fridge for up to 2 weeks and use them to whip up quick salad bowls or grain bowls!



A little about...

QUINOA: traditionally from South American, quinoa (pronounced KEEN-wah) is definitely considered a superfood! Technically a seed, not a grain, it's treated in all the same ways as other whole grains. It's a great source of complete protein, iron, magnesium, and fiber, while also being quick cooking and delicious. You'll find several varieties at most markets - white, red, black, or a mix of colors. You can follow the cooking instructions in step #1 for any of the varieties and get a great fluffy batch to use in salads, as a side dish, or the base of a delicious grain bowl.



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