



Quinoa and Fresh Herb Salad

(ADAPTED FROM BRYNN MCDOWELL, "STONE SOUP")



Yield: Makes 4 cup

Ingredients

- 1 cup quinoa (dry)
- 2 cups vegetable stock
- 1 cup kale, chopped
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 2 green onions, thinly sliced
- Zest and Juice of 1 lime
- ¼ cup olive oil
- 1 avocado, diced
- ¼ cup sunflower seeds
- salt & pepper to taste

Optional

- ¼ tsp cayenne pepper
- ¼ tsp red pepper flakes

Instructions

Boil the quinoa in vegetable stock and cook until the individual kernels split open (~20 minutes). Stir occasionally. Set aside for 15 minutes to cool slightly.

In a large bowl, mix together kale, parsley, cilantro, green onions and cooked quinoa.

In a small bowl, mix together lime zest, lime juice, salt, pepper, cayenne pepper and red pepper flakes.

Drizzle olive oil in small bowl to create dressing.

Pour dressing over the quinoa. Add diced avocado and sunflower seeds.

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Description

This plant-forward dish is a great gluten-free pasta salad alternative and is also completely vegan! This dish is a dietitian's dream—it is a good source of protein from the quinoa and sunflower seeds; packed with fiber from the avocado, kale and sunflower seeds; and abundant in antioxidants from the fresh herbs, kale and avocado. The fresh herbs and lime juice/zest make this the perfect dish for summer time!



Farmers Market Finds

- Kale
- Fresh Parsley
- Fresh Cilantro
- Green Onions



Grocery Store Grabs

- Quinoa
- Vegetable Stock
- Lime
- Olive Oil
- Avocado
- Sunflower Seeds
- Salt & Pepper
- Cayenne/Red Pepper Flakes (optional)

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pldl.org/biblio-bistro.

Substitutes

Could replace kale with chopped chard or spinach.

Could eliminate cilantro and double parsley instead.

Could replace sunflower seeds with pumpkin seeds or walnuts, pecans, or pistachios.

Could use lemon in place of lime.

Could use brown rice, barley or pasta in place of quinoa.

Pairs with

This fresh salad pairs well with other traditional summer-time dishes, such as sautéed zucchini, watermelon, mixed berries or corn on the cob.

While this dish can be a stand-alone and well-balanced entrée, it would also pair well with cod seasoned with lemon pepper or black beans for some extra protein.