

Cucumber, Tomato + Avocado Quinoa Salad

Presented by Chef Ann Mehaffy 6/27/18

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Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

SALAD INGREDIENTS

- 1 cup quinoa, rinsed in a fine mesh strainer
- 1/3 cup oil-packed sun-dried tomatoes, drained and chopped
- 2 cups roughly chopped fresh spinach or arugula
- 1/3 cup sliced almonds
- ¼ tsp olive oil
- Salt, to taste

LEMON DRESSING INGREDIENTS

- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, pressed or minced
- 1 tsp Dijon mustard
- ½ tsp salt
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste

DIRECTIONS

1. Cook Quinoa.
2. Meanwhile, to prepare the dressing: Whisk together the olive oil, lemon juice, garlic, mustard, salt and red pepper flakes. Season to taste with freshly ground black pepper
3. To toast the almonds: Warm ¼ tsp olive oil in small skillet over medium heat until shimmering. Add the almonds and a dash of salt and cook, stirring frequently (beware, these burn quickly!), until they are golden and fragrant. Transfer the toasted almonds to a medium sized serving bowl to cool.
4. Once the quinoa is done cooking, fluff it with a fork, and then transfer it into your serving bowl. Drizzle all of the dressing on top and toss to combine. Add the chopped sun-dried tomatoes and wait a few more minutes to add the spinach so it doesn't wilt completely. Toss again, season to taste with additional salt and pepper, if necessary, and serve immediately

NOTES

Make it nut free: Replace the almonds with pepitas (green pumpkin seeds). Sunflower seeds might be nice, as would pine nuts if you aren't sensitive to them) they are technically seeds).

Storage Suggestions: The quinoa will keep well covered, for several days. Gently reheat or serve chilled.