



Quinoa Salad

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Quinoa Salad

Total Time:
40 min

Prep: 20 min

Cook: 20 min

Yield:
6 to 8 servings

Level:
Easy

Ingredients

- ✓ 12 cups water
- ✓ 1 1/2 cups quinoa, rinsed
- ✓ 5 pickling cucumbers, peeled, ends trimmed, and cut into 1/4-inch cubes
- ✓ 1 small red onion, cut into 1/4-inch cubes
- ✓ 1 large tomato, cored, seeded, and diced
- ✓ 1 bunch Italian parsley leaves, chopped
- ✓ 2 bunches mint leaves, chopped
- ✓ 1/2 cup extra-virgin olive oil
- ✓ 1/4 cup red wine vinegar
- ✓ 1 lemon, juiced
- ✓ 1 1/2 teaspoons salt
- ✓ 3/4 teaspoon freshly ground black pepper

- ✓ 4 heads endive, trimmed and separated into individual spears
- ✓ 1 avocado, peeled, seeded and diced, for garnish

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Directions

Bring the water to a boil in a large saucepan. Add the quinoa, stir once, and return to a boil. Cook uncovered, over medium heat for 12 minutes. Strain and rinse well with cold water, shaking the sieve well to remove all moisture.

When dry, transfer the quinoa to a large bowl. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well. Spoon onto endive spears, top with avocado, and serve.

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