

QUINOA CORN & ARUGULA SALAD

PAREVE WITH A DAIRY OPTION

INGREDIENTS

- Pinch Salt
- 2 C Vegetable Broth **OR** Water
- 1 C Quinoa (see note)

- 3 T Olive oil (extra-virgin) (divided)
- 1 1/2 C Corn kernels (from 3 ears corn)
- 1 C Tomatoes (cherry) (any color) (halved)
- 3 Scallions (sliced)
- 4 Radish (red) (sliced)
- 1/4 t Kosher salt
- Black pepper
- 1 bunch Arugula (chopped)
- 1 t 1 teaspoon grated lemon zest
- Juice of 1 lemon
- Feta Cheese (crumbled) (option for garnish)



DIRECTIONS

- 1 In a 3 qt pot, add the pinch of salt, broth **OR** water & bring to a boil
- 2 Mix the quinoa into the water & cover the pot
- 3 After 20 minutes, mix the quinoa to see if your liquid has been absorbed
- 4 If it has been absorbed, take the pot off the stove top & allow it to cool
- 5 Transfer the quinoa to a large bowl & toss with 2 T olive oil.
- 6 In a sauce pan, heat the remaining 1 T of oil & add the corn & cook, stirring occasionally until the corn begins to char (2 minutes)
- 7 Add the tomatoes & scallions & cook, stirring, until they just begin to wilt (2 minutes)
- 8 Add the salt & pepper (to taste)
- 9 Stir the corn mix into the quinoa.
- 10 Add the arugula, lemon zest & lemon juice & toss
- 11 Garnish with crumbled feta cheese (optional)

NOTES

- 1 Soak quinoa in a bowl covering it with cold water for at least 1 hour before cooking
Only Ancient Harvest Quinoa can be cooked without soaking
- 2 Serves 4



OPTIONAL

