

QUINOA LENTIL & ARUGULA SALAD

VINAIGRETTE INGREDIENTS

- 1/2 C Olive oil (extra-virgin)
- 1/2 C Lemon juice
- 1/2 C Vinegar (red-wine)
- 1/4 C Mustard (Dijon)
- 4 cloves Garlic (small) (minced)
- 1/2 t Salt
- Black pepper



VINAIGRETTE DIRECTIONS

- 1 Combine oil, lemon juice, vinegar, mustard & garlic in a blender
- 2 Blend, shake or whisk until smooth
- 3 Season with salt & pepper

SALAD INGREDIENTS

- 1 C Vegetable broth **OR** water
- 1/2 C Quinoa
- Pinch Salt

- 2 1/2 C Water
- 1 C Lentils (Green or brown)(rinsed)
- 4 C Arugula (remove tough stems) (tear into bite-size pieces) **OR** Mixed salad greens (bite-size)
- 1 Cucumber (small) (peeled) (seeded) (diced)
- 1 C Tomatoes (cherry) (halved)
- 1/2 C Feta cheese (crumbled)



SALAD DIRECTIONS

- 1 Place vegetable broth & pinch of salt in a 5 qt. covered pot on medium high temperature
- 2 When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 3 If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 4 Combine 2 1/2 cups water & lentils in a 3 qt pot
- 5 Bring to a boil, reduce heat to a simmer, cover & cook until just tender (15 - 25 minutes)
- 6 Be careful not to overcook the lentils or they will fall apart in the salad
- 7 Drain any excess water & let cool for about 10 minutes
- 8 Toss arugula **OR** greens with 1/4 cup of the vinaigrette in a large bowl & place in 4 large plates
- 9 In the same bowl, toss the quinoa & lentils with another 1/4 cup vinaigrette
- 10 Divide the mix among the plates
- 11 Top each salad with cucumber, tomatoes & feta & drizzle each with 1 T vinaigrette
- 12 Cover and refrigerate the remaining 1 C vinaigrette for up to 1 week



NOTE
4 Servings



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