



Farmers Market Quinoa Salad

Carb Side

Fresh Veggies lightly charred, then tossed with protein-rich quinoa, toasted pistachios and a hint of dried fruit. Finished with a delicate white wine vinagrette dressing.



8 Serving size is about 3/4 Cup

Ingredients

[illegible]



Instructions

Prepare Quinoa by combining 1 part Quinoa with 1.5 parts lightly salted water. Bring to a boil, then reduce heat to a low simmer (like you would cook rice) and refrigerate once cool. You can do this a day or two ahead.

Blend vinegar, mustard, sugar and set aside.

Toast pistachios in a skillet until golden brown, being careful not to scorch. Set aside in a small bowl.

Julienne dried fruit and add to the bowl with the pistachios.

Grate carrots and set aside.

Shave Brussels Sprouts very thin and set aside.

Cook veggeis as described below in batches if needed to avoid overcrowding the pan.

Preheat a pan with olive oil. Add sprouts, season to taste with salt and pepper and cook til they start to brown and crisp. Remove Brussels from the pan, set aside in a med/large bowl (we will mix the salad in this bowl), wipe the pan with a paper towel to remove any lingering Brussels bits.

Add a splash of oil to the pan, let that preheat and add the carrots. Cook until they start to caramelize, but don't let them get too soft. Add the carrots to the brussels in the large bowl.

Add cooked quinoa, dressing, nuts and dried fruit in the bowl with the veggies and mix gently to combine. Salt and Pepper to taste.

Garnish with fresh microgreens or chopped parsley.

You can also add blanched green beans, snow peas, broccoli, pea shoots, garbanzos, corn - whatever is fresh at the Farmers' market, but my favorites are the brussels and carrots.