



Quinoa Salad w/ Roasted Vegetables

SERVES 6-8

At Lima's Surquillo Market, I spotted a woman selling baskets of quinoa in an array of colors. She sat on a stool with the containers encircling her polleras skirt, the traditional dress of Andean women. In Peru, quinoa is a sacred crop, and its nutritional benefits make it one of the most popular seeds worldwide. With it, my cooking instructor, Tomas, and I made a delicious protein-packed salad with roasted vegetables and fresh herbs.

At home, I add basil and micro-greens from my spring garden. And for the dressing, a squeeze of lemon juice and a drizzle of top-notch olive oil is all it needs.

INGREDIENTS

2 cups quinoa, preferably tri-colored	1 ear of corn, on the cob
3 1/2 cups water	1 avocado, peeled and sliced
1 tablespoon plus 1 teaspoon kosher salt	12 cherry tomatoes, halved
1 zucchini, cut into 1" cubes	2 cups microgreens
1 pound of red potatoes, cut into 1" pieces	1/2 cup basil, torn into small pieces
1 red onion, sliced in half-moons	1/4 cup lemon juice
2 tablespoons olive oil	1/2 cup olive oil
4 teaspoons kosher salt	

PROCESS:

Preheat oven to 375 degrees. In a medium saucepan, combine quinoa with water and 1 tablespoon salt. Bring to a boil over medium high heat. Reduce to a simmer and cook for 25 minutes, until grains have puffed up and are tender. Spread cooked quinoa on a baking sheet and allow to cool completely.

Meanwhile, line a baking sheet with aluminum foil. Place the zucchini and potatoes on the foil and drizzle with 2 tablespoons of olive oil. Sprinkle with 1 teaspoon kosher salt and 1/4 teaspoon black pepper. Bake for 20 minutes, then add the onion slices and bake an additional 15 minutes, until vegetables are tender.



Let cool to room temperature. Place corn cob in a medium pan and cover with water. Add 2 teaspoons of salt and bring to a boil.

Cook 7 minutes, until kernels are tender. Remove from the water and let cool. Place the corn cob on a board, and using a large knife cut off corn kernels. In a large bowl, combine the quinoa, vegetables, corn, avocado, tomatoes, microgreens, and basil.

Squeeze the lemon juice over the salad and drizzle with 1/2 cup of olive oil. Stir in 1 teaspoon salt and serve right away.

Note: You can cook the quinoa ahead and keep refrigerated for up to a day before assembling salad.