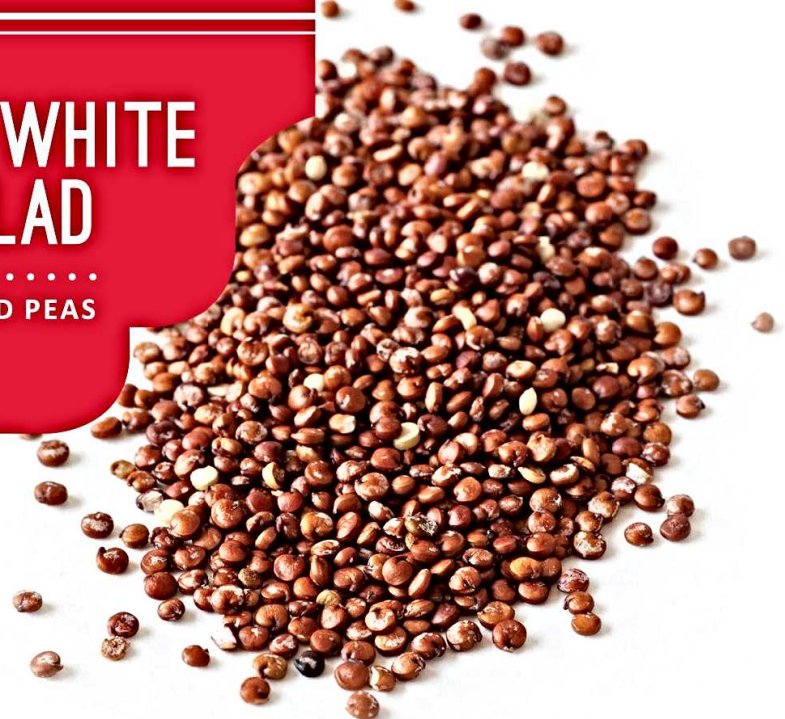


HERBED RED & WHITE QUINOA SALAD

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WITH ASPARAGUS AND PEAS



YIELD: 3 CUPS

- ½ cup white quinoa, rinsed and drained
- ½ cup red quinoa, rinsed and drained
- 1 ¾ cups stock
- 2 pinches sea salt
- 2 tablespoons extra virgin olive oil
- 1 teaspoon lemon zest
- 3-4 tablespoons lemon juice
- 1 bunch asparagus, tough stems removed grilled until tender and cut into ½ inch pieces
- ½ pound fresh peas, shelled, boiled until tender and drained
- 2 tablespoons chopped mint
- 2 tablespoons chopped tarragon
- 2 tablespoons chopped dill
- Sea salt and pepper to taste

1. Heat oven to 350 degrees.
2. Place white quinoa in baking vessel with ¾ cup of stock. Add 1 pinch of the salt and 1 tablespoon of the oil. Cover vessel with tin foil and bake about twenty minutes or until all the stock has been absorbed.
3. Place the red quinoa in a separate baking vessel with 1 cup stock. Add the remaining pinch of salt and the remaining tablespoon of oil. Cover vessel with tin foil and bake about 30 minutes or until stock has been absorbed.
4. Combine the white and red quinoa together in a medium bowl. When cooled, add zest, juice, asparagus, peas, and herbs. Season to taste and serve.

(White and red quinoa do not cook at the same rate, therefore you need to cook them separately)

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