

Week of Menus

Asian Quinoa Salad

Serves 4 to 6

Ingredients

1 cup quinoa
2 cups water
½ teaspoon salt

¼ cup vegetable oil
¼ cup rice wine vinegar
1 tablespoon soy sauce
1 tablespoon honey
½ teaspoon pepper
¼ teaspoon salt

1 cup finely chopped scallions
1 cup finely chopped bell peppers (red, orange or yellow)

Method

In a large heavy saucepan add quinoa, water, and salt. Bring to a boil uncovered, and once boiling, cover, and reduce heat to simmer. Cook for 10 to 15 minutes until all water is absorbed. Check to see that quinoa is translucent and the germ is visible (the fine line). Remove from heat and remove quinoa from pot to cool. Set aside.

While quinoa cools, whisk together oil, vinegar, soy sauce, honey, and salt and pepper. Pour over quinoa and toss. Add bell peppers and scallions. Season with salt and pepper if necessary.

Can be served at room temperature or chilled (which I think tastes even better!) Allow to cool and then refrigerate if you want to have it cold.