

QUINOA AND AVOCADO SALAD WITH SHELLED HEMP SEEDS

6 servings

<http://veganfeastkitchen.blogspot.ca/2008/07/transitioning-between-books-and-new.html>

This salad was inspired by a recipe by John Barkley for The Culinary Institute of America, posted on avocado.org

1 tablespoon olive oil
1 cup quinoa (most quinoa is pre-rinsed now)
1 medium onion, chopped
1 tablespoon minced garlic
1 teaspoon dried oregano
1 1/4 cups chicken-style vegetarian broth
1/2 teaspoon salt
Freshly-ground black pepper to taste

Vegetables:

1 cup English cucumber, diced (or any kind you don't have to peel)
2 medium ripe tomatoes, diced
1 cup cooked or canned chickpeas, rinsed and drained
1/2 cup chopped green onions
2 tablespoons chopped fresh cilantro (or 2 teaspoons dried)
2 tablespoons fresh chopped mint (or 2 teaspoon dried)
1 tablespoon chopped fresh or pickled jalapeños
3 tablespoons lime juice
1 large ripe avocado, in 1/2" dice
1/4 cup shelled hemp seeds
Washed, dried and crisped Romaine lettuce leaves

Heat the olive oil in a small saucepan over medium-high heat. Add the quinoa and toast it, stirring constantly, until golden brown.

Add the onions, garlic, and oregano, and stir for a couple of minutes. Add the broth and bring to a boil.

Add salt and pepper. Reduce the heat to low, cover tightly and cook for 20-25 minutes, or until tender, and until all of the broth is absorbed.

Spread the hot mixture on a cookie sheet and place in the freezer to cool quickly. When it is cool,

scrape the quinoa in a salad bowl and fold in the cucumbers, tomatoes, chickpeas, green onions, mint, cilantro, and jalapeños. Gently fold in the avocado and shelled hemp seeds. Serve the salad on crisp Romaine lettuce leaves.

Nutrition Facts

Nutrition (per serving): 302.5 calories; 35% calories from fat; 12.5g total fat; 0.0mg cholesterol; 320.8mg sodium; 686.2mg potassium; 39.2g carbohydrates; 7.5g fiber; 5.1g sugar; 31.6g net carbs; 11.8g protein; 6.3 points.