Quinoa Salad with Apricots and Pistachios

Hosted by SHS Dietitian Christine McNamara

A tiny grain with a texture lighter than rice, quinoa (KEEN-wah) is often dubbed “supergrain” because it’s rich in many nutrients, particularly protein. If apricots are in season where you live, by all means substitute fresh—about 6, coarsely chopped—in place of the dried.

Ingredients

- **Salad:**
  - 3 cups water
  - 1 cup uncooked quinoa
  - 1/2 teaspoon salt
  - 4 cups thinly sliced romaine lettuce
  - 1/3 cup fresh (or dried) apricots (about 10), quartered
  - 1/3 cup golden raisins
  - 1/4 cup shelled dry-roasted pistachios
  - 1/4 cup thinly sliced green onions
  - 1/4 cup chopped fresh parsley
  - 1/4 cup chopped fresh cilantro
  - 1/4 cup thinly sliced green onions
  - 1/4 teaspoon black pepper

- **Vinaigrette:**
  - 1/2 teaspoon grated lime rind
  - 3 tablespoons fresh lime juice
  - 2 tablespoons mirin (sweet rice wine) or slightly sweet white wine (such as Riesling)
  - 1 tablespoon olive oil
  - 1/2 to 1 teaspoon minced jalapeño pepper
  - 1/4 teaspoon salt
  - 1/4 teaspoon ground cumin
  - 1/4 teaspoon ground coriander
  - 1/4 teaspoon paprika

Preparation

- To prepare the salad, combine water, quinoa, and salt in a large saucepan. Bring to a boil; reduce heat, and simmer 15 minutes. Drain the quinoa mixture through a sieve over a bowl, reserving 3 tablespoons cooking liquid. Combine quinoa mixture, lettuce, and next 8 ingredients (lettuce through black pepper) in a large bowl; set aside.
- To prepare the vinaigrette, combine reserved 3 tablespoons cooking liquid, lime rind, and remaining ingredients in a bowl, stirring well with a whisk. Pour vinaigrette over quinoa mixture, and toss well to coat.