

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
- 2 tablespoons finely chopped fresh mint
- 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.