



Adventure Ingredient: Whole Grain Red Quinoa

Red Quinoa Waldorf Salad

Raising the bar for Waldorf Salad with a healthy grain

- 1/2 cup whole grain red quinoa, rinsed
- 1 cup water
- 1 medium ripe red apple, cored, diced
- 1/2 cup chopped celery
- 1 Tablespoon fresh lime juice
- 1/2 cup broken walnuts
- 1/4 to 1/2 teaspoon blackened seasoning
- 2 Tablespoons mayonnaise
- 2 cups fresh baby spinach leaves
- 2 teaspoons lime or lemon juice
- Garnish: fresh celery leaves; 3 thin slices red apples

Cook Quinoa: In medium saucepan, combine quinoa and water; bring to a boil; reduce heat; cover; simmer for 15 to 20 minutes and water is absorbed. Fluff gently with fork; set aside.

Combine Apples and Celery: Place chopped apples and celery in small bowl; toss with fresh lime juice. Place in refrigerator to chill.

Toast Walnuts: Place walnuts in hot small skillet over medium heat; lightly toast walnuts; place in bowl; sprinkle with blackened seasoning to taste. Set aside.

Add Mayonnaise: Remove apples and celery; stir in toasted walnuts. Stir in mayonnaise to combine ingredients.

To Serve: Arrange spinach leaves on large serving plate; Drizzle with 2 teaspoons lime juice. Spoon cooked reserved quinoa over spinach layer, leaving part of spinach leaves exposed. Top with chilled mayonnaise salad. Garnish plate with fresh celery sprig and 3 apple slices. Serves: 4

About the Recipe: The popular 1893 Waldorf Salad is one of our classic favorites. This recipe adds some quinoa, fresh spinach, and some light spicy seasoning. It is a refreshing, healthy salad to serve for a summer supper.