



Moroccan Inspired Lemon Quinoa Salad

Winterize your dinner with a hearty salad

Carrots & Onions

- 1 Tablespoon avocado oil
- 1 cup thin cut fresh carrots
- 1 cup minced onion
- Salt; ground black pepper to taste
- 1 Tablespoon unsalted butter

Quinoa:

- 1 cup uncooked white quinoa, rinsed
- 2 cups water or vegetable broth

Fruits, Nuts, and Seeds:

- 1/2 cup mixed chopped or small dried fruits*
- 1/2 cup mixed broken nuts and seeds*
- 1/3 cup chopped green onion
- 2 Tablespoons chopped preserved lemons
- 1 (15 oz.) can drained; rinsed chickpea, optional

Dressing:

2 Tablespoons olive oil
1 Tablespoon sherry or white wine vinegar
1 Tablespoon fresh lemon juice
1/2 teaspoon salt; 1/4 teaspoon ground black pepper
1/4 teaspoon coriander
Serve on 4 cups coarse chopped kale
Garnish: chopped cilantro as desired

Cook Onions and Carrots: Place avocado oil in 10-inch skillet until hot; add carrots and onions; cook over medium high heat 1 minute; season with salt and black pepper. Reduce heat to medium; cover; cook for about 7 minutes or until tender. Stir occasionally. Stir in butter until melted. Remove from heat; set aside.

Cook Quinoa: In a medium saucepan, combine quinoa and water or broth; bring to a boil; reduce heat to simmer; cover. Simmer for 15 to 20 minutes until the liquid is absorbed. Remove from heat; fluff with fork. Place in large bowl.

Combine Add-Ins: In a medium sized bowl, stir together mixed fruits, seeds/nuts, green onions, and preserved lemons. Stir into cooked quinoa and drained chickpeas if serving this as a main dish.

Prepare Dressing: In a small bowl, whisk oil, vinegar, lemon juice, salt, black pepper, and coriander. Toss dressing with quinoa salad.

To Serve: Line serving plate with coarse chopped fresh kale; spoon prepared warm salad over kale; garnish with chopped cilantro.
Yield: Serves 4 to 6

***Cook's Note: Suggestions for Fruits, Nuts, and Seeds:**

(Like currants, mango, raisins, cranberries, cherries, papaya, berries)

(Like hazelnuts, almonds, pecans, walnuts, peanuts, cashews, sunflower seeds, pumpkin seeds)

If making the salad ahead of time, store in the refrigerator; reheat in the microwave to serve it warm.

About the Recipe: Inspired by Moroccan flavors, this salad combines an array of vegetables, chickpeas, and greens that combine with healthy nuts, seeds, and dried fruits. Every bite offers a new, surprising taste. The lemon light flavor is enhanced with preserved lemon bits and surrounded with one of the healthiest grains, quinoa. Preserved lemons can be found at specialty-food shops or on the Internet. You can even make your own on eatingwell.com. Hearty salads are a great way to winterize your dinner.