

Herbed Quinoa and Chickpea Salad With Lemon Tahini Dressing

Yield: 8 servings

Ingredients

1 cup quinoa; rinsed in a mesh colander

2 cups water

15 oz. chickpeas, canned; rinsed and drained

1½ cups baby spinach; roughly chopped

½ cup fresh parsley; chopped½ cup fresh cilantro; chopped⅓ cup green onion; chopped,green parts only⅓ cup Feta cheese; crumbled⅓ cup pepitas; toasted

Lemon-Tahini Dressing

¼ cup olive oil
4 tablespoon fresh lemon juice
2 tablespoon sesame tahini
1 clove garlic; minced
½ teaspoon kosher salt
¼ teaspoon black pepper; ground

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Instructions

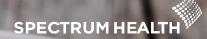
- To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring to a boil over medium-high heat, then decrease heat to maintain gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes. Remove from heat, cover, and let rest for 5 minutes.
- Meanwhile, toast the pepitas in a small skillet over medium heat, stirring frequently, until fragrant and making popping noises, about 5 minutes. Transfer to a large serving bowl to cool for a few minutes.
- 3. To make the dressing: In a small bowl, combine the olive oil, 3 tablespoons of the lemon juice, tahini, garlic, salt and ground black pepper. Taste and add up to 1 more tablespoon of lemon juice and/or more pepper if necessary.
- 4. Add the quinoa to the large bowl. Add the chickpeas, spinach, parsley, cilantro, green onion, Feta and toasted pepitas. Drizzle all of the dressing over the salad and toss to combine.

Nutrition Information

Serving Size: ½ cup Calories: 269 Total Fat: 14.6 g Saturated Fat: 2.8 g Monounsaturated Fat: 6.0 g Sodium: 215 mg Total Carbohydrate: 26.1 g Dietary Fiber: 4.5 g Sugars: 0.9g Protein: 9.5 g

Source: Cookie and Kate. Kathryne Taylor





Presented by Culinary Medicine

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