

Moroccan Quinoa Salad with Minty Dressing

Serves 6

Adapted from Catherine McConkie

Ingredients

- 3/4 cups of quinoa
- 2 Tbs raisins
- 1/4 tsp ground coriander
- 1/8 tsp ground cumin
- 2 lemon, juiced
- 1/2 medium orange, juiced
- 1/8 tsp red pepper flakes
- 1 pinch of salt
- 1/2 cup of mint leaves
- 1/3 cup olive oil
- 1/4 cup dried apricots, minced
- 1/4 cup pistachio nuts, toasted and chopped
- 1 head lettuce, cut into pieces to make lettuce cups



Directions

1. Rinse the quinoa. Place it in a medium sauce pan with 1 1/5 cups of water or stock, bring to a boil, then reduce heat and cook, covered, for about 15 minutes or until the liquid is absorbed and the quinoa is tender but not mushy. Remove to a sheet pan and fluff out grain to cool.
2. Place raisins, coriander, cumin, lemon juice, orange juice, red pepper flakes, salt, mint and olive oil in a blender. Blend on high to combine, scraping the sides as needed, until dressing is smooth.
3. Place cooled quinoa into large bowl and fluff with a fork. Add dried fruit and pistachios. Drizzle with enough dressing to coat and toss well.
4. Place the lettuce cups on a large platter. Scoop some of the salad into the lettuce cups either with a spoon or with a small ice cream scoop for a more refined presentation. Garnish as desired with extra herbs and a drizzle of any extra dressing.



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