



MEDITERRANEAN QUINOA SALAD WITH CHARRED LEMON DRESSING

Cooking Class with Vanessa Young

MAIN EQUIPMENT: Medium saucepan with lid, fine mesh sieve, baking sheet, grill pan or skillet, measuring cups (liquid and dry), measuring spoons, large salad bowl, large spoon for salad, whisk, prep bowls, handheld juicer or citrus squeezer, knife, cutting board

INGREDIENTS

- 1 cup rainbow quinoa
- 2 cups water
- 3 lemons
- 1 pint cherry or grape tomatoes
- 1 medium seedless cucumber (or 2 to 3 mini cucumbers)
- 1 cup crumbled feta
- 1/3 cup chopped mixed herbs (such as basil, dill, parsley)
- 2 tablespoons minced chives

Dressing:

- 1/3 cup extra-virgin olive oil
- 1/4 cup juice from charred lemons
- 1 teaspoon honey
- 1/4 teaspoon kosher salt
- Freshly cracked black pepper and additional salt to taste

Replace/substitute any ingredients based on food allergies and preferences.

DIRECTIONS

1. Rinse the quinoa in a fine mesh sieve under cold water until it runs clear. Add to a saucepan with 2 cups water and bring to a boil.
2. One quinoa has come to a full boil, reduce heat to medium-low, cover, and simmer for 15 minutes. Let sit 5 minutes covered after cooking then fluff with fork. If any water remains in pot, drain quinoa.
3. Spread quinoa on rimmed baking sheet to cool to room temperature.
4. Cut 2 lemons in half and slice the other thickly for serving. Brush cut sides lightly with oil and cook cut side down on a heated grill pan or skillet until browned char marks appear (about 3 minutes). Allow the lemons to cool then squeeze enough juice for dressing and save the remaining pieces for serving.
5. Halve tomatoes and slice cucumbers into rounds.
6. Make the dressing by whisking the olive oil, charred lemon juice, honey, and salt in a small bowl. Season with additional salt and freshly cracked pepper.
7. Add room temperature quinoa to salad bowl, drizzle with some of the dressing, and toss.
8. Add tomatoes, cucumbers, herbs, and feta and toss with additional dressing. Serve with slices of charred lemon.