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Red Quinoa Salad with Chicken and Lemon-Dijon Vinaigrette

By Susie Iventosch

(Serves 4 for lunch)

INGREDIENTS

1 1/2 cups red quinoa, rinsed through a fine mesh sieve
3 cups chicken broth (or water)
2 small carrots, cut into matchstick pieces
2 shallots, finely sliced
1 cluster of oyster mushrooms, use small ones whole, and slice larger mushrooms
2 tablespoons olive oil
12 or so, pea pods, sliced into 1/4 inch strips (some of the peas will fall out and you want those, too)
1/2 cup finely julienned arugula
1/2 cup freshly grated Pecorino Romano (or crumbled feta cheese)
1/2 cup walnut pieces, toasted
1 cooked chicken breast, cut into bite-sized pieces
Lemon wedges for garnish

DIRECTIONS

In a pot, bring chicken broth (or water) to a boil. Add quinoa and bring back to a boil. Reduce heat to low and simmer until liquid is absorbed. Remove from heat and cool.

In a sauté pan, heat olive oil. Add carrots, shallots and mushrooms and sauté until slightly browned, but still al dente. Remove from heat and cool.

Add sautéed veggies to quinoa, along with all remaining ingredients. Toss with lemon-dijon vinaigrette and serve cold or at room temperature over a bed of lettuce or finely sliced cabbage. Drizzle any extra dressing over entire dish and serve lemon wedges for extra zest!

Lemon-Dijon Vinaigrette

Juice of one lemon
4 tablespoons red wine vinegar
1 teaspoon Dijon mustard
1/3 cup (add more if needed) extra-virgin olive oil
Salt and pepper to taste

Place all ingredients in a container and shake well.

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[back](#)

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