

**March 2019
Healthy Grains**

Protein Power Rainbow Quinoa Salad

Ingredients – Salad:

1 cup uncooked rainbow quinoa or regular quinoa, or 3 cups cooked quinoa
1 ½ cups water
1 (14-ounce) can chickpeas, drained and rinsed
3 cups packed stemmed lacinato kale, finely chopped
3 medium carrots, julienned and copped into bite-sized pieces
½ cup chopped green onion
½ cup fresh parsley leaves
¼ cup oil-packed sun-dried tomatoes, drained and finely chopped

Ingredients – Red Wine Vinaigrette:

¼ cup red wine vinegar
2 teaspoons Dijon mustard
1 large clove garlic, minced
¼ cup olive oil
Freshly ground black pepper
1 teaspoon pure maple syrup, or to taste
Zest of 1 medium lemon (about 1 tbsp)

Directions:

- 1) Made the salad – rinse the quinoa in a fine-mesh sieve. Combine all the quinoa, water, and a pinch of salt in a medium pot and stir. Bring to a boil over medium-high heat, then reduce the heat to low, cover and simmer for 13-16 minutes, until the water has been absorbed and the quinoa is fluffy. Remove from heat, uncover, fluff with fork, and let cool slightly.
- 2) Meanwhile, place the chickpeas in an extra-large bowl. Add the kale, carrot, green onion, parsley, and tomatoes(if using) to the serving bowl along with the chickpeas.

- 3) Make the red wine vinaigrette – In a small bowl, whisk together the vinegar, Dijon mustard, and garlic. While whisking, slowly stream in the oil. Whisk in the pepper, maple syrup, and lemon zest, adjusting to taste if desired.
- 4) Add the cooked quinoa to the bowl along with the veggies. Pour on all the dressing and toss well to combine. Season generously with salt/pepper. Sprinkle with the seeds and serve.

Broccoli & Cashew cheese-Quino burrito

Ingredients:

$\frac{3}{4}$ cup raw cashews
2 cloves garlic
 $\frac{1}{2}$ cup unsweetened, unflavored almond milk
 $\frac{1}{4}$ cup nutritional yeast
1 $\frac{1}{2}$ teaspoons Dijon mustard
1 teaspoon white wine vinegar or lemon juice
 $\frac{1}{4}$ teaspoon onion powder
 $\frac{1}{2}$ teaspoon fine-grain sea salt
1 cup uncooked quinoa
1 teaspoon olive oil
1 $\frac{1}{2}$ cups diced sweet onions
Freshly ground black pepper
 $\frac{3}{4}$ cup diced celery
2 cups diced broccoli florets
3 to 4 tablespoons chopped, oil-packed sun-dried tomatoes, to taste
 $\frac{1}{4}$ teaspoon red pepper flakes (optional)
4 soft gluten-free tortillas or large lettuce leaves

Directions:

- 1) Make the Cashew Cheese Sauce: Place the cashews in a bowl and add enough water to cover. Soak the cashews for at least 3 to 4 hours, preferably longer if you have time. Drain and rinse cashews.
- 2) In a food processor or blender, combine the soaked cashews, garlic, almond milk, nutritional yeast, mustard, vinegar, onion powder, and salt and process until smooth. The sauce should be very thick.
- 3) Make the burrito: Cook the quinoa according to instructions. Set aside.
- 4) In a large wok, heat the oil over medium heat. Add the garlic and onion and sauté for about 5 minutes, until the onion is translucent. Season with salt and pepper.
- 5) Stir in celery, broccoli, and sun-dried tomatoes, to taste. Sauté over medium-high heat until the broccoli is tender, 10-15 minutes.

- 6) Add the cooked quinoa and cheese sauce and stir to combine with the vegetables. Add red pepper flakes, if desired. Cook until heated through, 5-10 minutes. Spoon the mixture onto the tortillas, wrap, and serve.

Triple Tomato Salad with Crispy Farro

Ingredients:

- 1 ½ cups white vinegar
- 1 cup water
- 2 dill sprigs
- 1 Tbsp. Granulated sugar
- ¼ tsp. Crushed red p
- 12 oz. green tomatoes, cut crosswise into ½ inch thick slices
- 1 lb grape tomatoes, halved
- 3 Tbsp olive oil, divided
- ½ tsp black pepper
- 1 cup olive oil
- ¼ cup cooked Farro, patted very dry
- ¼ tsp. Paprika
- 1 lb medium heirloom tomatoes, cut into wedges
- 2 Tbsp. Apple cider vinegar
- 2 tsp. Honey
- ½ cup vertically sliced shallots
- 2 Tbsp. Torn fresh dill

Directions:

- 1) Combine vinegar, 1 cup water, dill sprigs, sugar, and crushed red pepper in a small saucepan. Bring mixture to a boil over high heat, stirring occasionally, until sugar dissolves.
- 2) Place green tomato slices in a 1-quart wide-mouth glass jar. Pour hot vinegar mixture over tomato slices. Cover with lid; chill 1-3 days.
- 3) Preheat oven to 200F. Place grape tomatoes on a parchment paper-lined rimmed baking sheet. Drizzle with 1 tablespoon

olive oil, and toss to coat. Arrange tomato halves cut sides up. Sprinkle with black pepper. Bake at 200F until very soft and dehydrated, about 5 hours. Cool tomatoes to room temperature, about 10 minutes.

- 4) Heat olive oil in a large saucepan over medium-high heat. When oil is very hot, but not yet smoking, add cooked Farro. Cook, stirring often, until very crispy, about 3 minutes. Using a slotted spoon, transfer Farro to a paper towel-lined plate to drain. Let stand for 30 seconds; sprinkle with paprika.
- 5) Drain green tomatoes, discard liquid. Arrange green tomatoes and heirloom tomatoes on a serving platter. Top with roasted grape tomatoes. Whisk together apple cider vinegar, remaining 2 tablespoons olive oil, and honey in a small bowl. Drizzle tomatoes with dressing, and sprinkle with salt, shallots, torn dill, and fried Farro.

Spiced Chicken and Chickpea Flatbreads with Cucumber-Dill Tzatziki

Ingredients:

1 pound boneless, skinless chicken thighs
1 (15.5 oz.) can chickpeas, rinsed
1 tablespoon + 2 teaspoons olive oil
1 teaspoon ground cumin
1 teaspoon ground coriander
Freshly ground black pepper
4 pieces whole-grain flatbread or pitas
¾ cup cucumber-dill Tzatziki
6 cups arugula leaves
Chopped fresh dill, for serving

Directions:

- 1) Preheat oven to 425F. Put chicken and chickpeas on a rimmed baking sheet. Drizzle with 1 tablespoon of the oil and sprinkle with the cumin, coriander, and 1 teaspoon pepper. Use your

hands to rub the spices into both sides of the chicken and chickpeas.

- 2) Make sure everything is in a single layer on the baking sheet and roast in the preheated oven, tossing once, until the chicken is cooked through and the chickpeas are crispy, about 14 to 16 minutes. Let rest for 5 minutes, then transfer the chicken to a medium bowl and use two forks to tear the chicken into bite-sized chunks.
- 3) Drizzle the remaining 2 teaspoons oil over the chickpeas and then mash with a potato masher or fork.
- 4) Just before serving, toast the flatbreads. Top each with the Tzatziki, arugula, chicken, chickpeas, and fresh dill and season with salt and pepper, to taste.

Tabbouleh

Ingredients:

3 tomatoes, cut into ½ inch pieces
Salt and pepper
½ cup medium-grind bulgur, rinsed
¼ cup lemon juice (2 lemons)
6 tablespoons olive oil
1/8 teaspoon cayenne pepper
1 ½ cup minced fresh parsley
½ cup minced fresh mint
2 scallions, sliced thin

Directions:

- 1) Toss tomatoes with ¼ teaspoon salt in fine-mesh strainer set over bowl and let drain, tossing occasionally, for 30 minutes; reserve 2 tablespoons drained tomato juice. Toss bulgur with 2 teaspoons lemon juice and let sit until grains begin to soften, about 30-40 minutes.
- 2) Whisk oil, cayenne, pinch of salt, and remaining 2 tablespoons lemon juice together in a large bowl. Add tomatoes, bulgur, parsley, mint, and scallions and toss gently to combine. Cover

and let sit at room temperature until flavors have blended and bulgur is tender, about 1 hour. Before serving, toss salad to recombine and season with salt and pepper to taste.