

Farmers' Market Quinoa Salad

Serves 8



GLUTEN FREE

Ingredients

- 2 cups dry quinoa
- 1 tablespoon olive oil
- 3 shallot bulbs, thinly sliced
- 4 cups broccoli florets (or other farmers' market vegetables), blanched
- 12 oz. of your favorite sausage, chopped (optional)
- ½ cup prepared or homemade pesto
- Salt, pepper, and chili flakes to taste
- ¼ cup toasted pine nuts

Directions

1. Cook quinoa by simmering in 4 cups water until all water is absorbed (about 20-30 minutes). Set aside.
2. Heat shallots in olive oil over medium-high until soft, about 3 minutes. Add broccoli and sauté for another 3-5 minutes until slightly browned, stirring occasionally. Remove from pan.
3. Sauté (optional) sausage until cooked through. Return shallots and broccoli to the pan and toss with quinoa, pesto, and seasonings to taste. Top with pine nuts.

Notes

Toasting Pine Nuts: Place pine nuts in non-stick pan over medium and heat for about 2 minutes, stirring often, until lightly browned.

Recipe from Cook Well Berkeley: Flexitarian Recipes, Fall 2013