

Cosmic Quinoa Salad

1 cup quinoa, rinsed
2 cups water
1 medium or large tomato, cut into ½-inch cubes
6 green onions, finely chopped
1 medium cucumber, peeled and cut into ½-inch pieces
1 small red pepper, seeded and cut into ½-inch pieces
½ cup finely chopped fresh cilantro
1/3 cup freshly squeezed lemon juice
¼ cup extra-virgin olive oil
1 ¼ tsp salt

Put the quinoa in a fine strainer and thoroughly rinse with hot water to remove saponins (bitter-tasting phytochemicals found mostly on the surface of the seed). In a medium saucepan, bring the quinoa and water to a boil over high heat. Reduce the heat to low, cover and simmer until the quinoa is tender and the water is absorbed, 12 to 15 minutes. Transfer the quinoa to a large bowl. Mix the tomato, green onion, cucumber, red pepper, and cilantro into the quinoa.

In a small bowl, whisk together the lemon juice, olive oil and salt. Pour over the quinoa and toss well. Cover and refrigerate for at least 30 minutes before serving.

Serves 7 (1 cup): 180 calories per serving, 10 grams fat (1.5 g saturated fat), 4 grams protein, 24 grams carbohydrates, 2 grams fiber, 390 mg sodium

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