

# SPICY SUMMER SQUASH & QUINOA SALAD

## INGREDIENTS

- 1 C Quinoa **OR** other grain
- 2 C Vegetable broth **OR** water
- Pinch Salt
  
- 8 T Olive oil
- 5 Zucchini &/or yellow crookneck &/or pattypan (assortment) (trimmed & cut into 1/4 inch diced)
- 1 Onion (yellow) (diced)
- 2 cloves Garlic (crushed)
- 2 t Cumin (ground)
- 2 T Vinegar (distilled white **OR** cider)
  
- 1/2 C Parsley (fresh) (coarsely chopped)
- Lettuce (leaves) (chopped)



## DIRECTIONS

- 1 Place vegetable broth & pinch of salt in a 5 qt. covered pot on medium high temperature
- 2 When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 3 If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 4 In a saute pan over high heat, warm 2 T olive oil
- 5 Add 1/3 of each of the squashes & season with salt & pepper (to taste)
- 5 Saute, stirring often until lightly browned & slightly soft (2 minutes) & then transfer to a bowl
- 6 Cook the remaining squashes 1/3 at a time using 2 T oil with each batch.
- 7 Allow the squashes to cool
- 8 In the same saute pan, heat the remaining 2 T oil over medium heat
- 9 Saute the onion until lightly golden (3-5 minutes)
- 10 Stir in the garlic & cook (2 - 3 minutes)
- 11 Add the cumin & reduce the heat to low & cook (2 minutes)
- 12 Add the mix to the bowl with the squashes
- 13 Add the vinegar, cooked quinoa & parsley & toss to mix well.
- 14 Taste & adjust the seasoning to your taste
- 15 The salad can be served or covered & refrigerated for up to 3 days
- 16 Bring the salad to room temperature when you serve it
- 17 Line individual plates with lettuce leaves & spoon the salad on top

## NOTE

Serves 6

