

WARM QUINOA SALAD WITH HERB SAUCE

HERB SAUCE INGREDIENTS

- 1 clove Garlic
- 1/2 C Basil (lightly packed)
- 1 T Dill (fresh preferred)
- 2 T Chives (fresh preferred)
- 1/4 C Tomato (yellow) (takes the place of oil)
- 3 T Olive oil (extra virgin)
- 1 T Lemon juice
- 1/8 t Sea salt (to taste)
- 1/2 t Nutritional yeast (optional)



SALAD INGREDIENTS

- 1 C Quinoa
- 2 C Water
- Pinch Salt
- 1 lb Tomatoes (cherry) (chopped)
- 2 cloves Garlic (minced)
- 3 cobs Corn (shucked)
- 1 t Olive oil (extra-virgin) &/OR Non-stick cooking spray
- 3 Sea Salt (fine grain) OR Herbamare (sea salt with a mix of herbs)



DIRECTIONS

- 1 For the sauce, put garlic into the processor to mince & then add the herbs & mince them
- 2 Blend in yellow tomatoes, 3 T olive oil & lemon juice making sure to scrape down the sides
- 3 Season with the sea salt & nutritional yeast & set aside
- 4 Place vegetable broth in a 5 qt. covered pot on medium high temperature
- 5 When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 6 If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 7 Remove corn from the cob by slicing down the ear of the corn with a good knife
- 8 Add the oil &/OR non-stick cooking spray to a large saute pan & pre-heat to medium heat
- 9 Add the garlic, cherry tomatoes & corn & cook (5 minutes)
- 10 Mix in the scallions & cook (2 minutes)
- 11 Season generously with Herbamare OR fine grain sea salt
- 12 Place the quinoa into a deep bowl, add the the tomato & corn mix on top of the quinoa
- 13 Spoon the green sauce over the warm salad

NOTE

- 1 Herb sauce makes 1/3 C
- 2 Salad serves 2 - 3
- 3 You can substitute any fresh herbs you like