

Quinoa Arugula Salad
Kathy Andrews
Hackett House Cooking Dinner
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Cooked Quinoa

1 cup quinoa	4 peppercorns
2 cups chicken stock	2 star anise seed pods
1 large garlic clove, minced or crushed	1 tbsp olive oil
1 bay leaf	1 tbsp fresh mint leaves, chopped

Rinse the quinoa under running water until the water runs clear. Drain. Place the stock, garlic, bay leaf, peppercorns, star anise and salt in a heavy saucepan and bring to a boil over medium-high heat. Add the quinoa and return to a boil. Reduce the heat, cover and simmer until the quinoa looks glassy and translucent (indicating it is cooked through), about 15 min. Remove from the heat. Let the quinoa stand for 5 minutes, then stir in the oil and mint with a fork, fluffing up the grains as you toss lightly.

Quinoa Dressing

1 ½ cups cooked quinoa	2 tbsp minced fresh mint leaves
3 tbsp finely chopped macadamia nuts	1/3 cup olive oil (half lime oil)
3 tbsp finely chopped pine nuts	3 tbsp fresh lime juice
3 tbsp finely chopped hazelnuts	1 tsp freshly ground black pepper

Combine all ingredients in a mixing bowl. Let stand at room temperature while preparing the salad.

Arugula Salad

6 cups baby arugula
1 bundle fresh asparagus
½ cup pine nuts
1 cup moist (but not packed in oil) sun-dried tomatoes
2 oz crumbled goat cheese

Toss all ingredients together with just enough dressing to moisten.

Lime-Garlic Dressing

6 tablespoons fresh lemon juice	1 tbsp Agave nectar or to taste
Zest from two lemons	1/4 teaspoon salt
3 tablespoon fresh basil, chopped	1/8 teaspoon black pepper
2 small garlic clove, forced through a garlic press	2/3 cup extra-virgin olive oil

Whisk all dressing ingredients together. Toss with salad ingredients.

Alternate Use for Lemon-Nut Quinoa

Stuffed Artichoke Bottoms

Makes: 8

1-2 cans artichoke bottoms (need 8 bottoms)

1/2 cup of Parmesan cheese, plus 2 tablespoons

Extra virgin olive oil to drizzle over the top

Preheat oven to 400 degrees. In a 13 x 9 inch glass baking pan (lightly brushed with olive oil), lay out the artichokes in a single layer. Fill the artichoke bottoms with the quinoa mixture, about 1-2 tablespoons for each bottom. Drizzle with extra virgin olive oil. Bake for 10 minutes. After ten minutes, remove from the oven, sprinkle with Parmesan cheese. Turn oven to broil and broil the stuffed artichoke bottoms for 5-6 minutes or until the stuffing starts to get golden brown.