

QUINOA SALAD WITH CORN, FETA, BEETS AND PARSLEY

This quick Quinoa Salad has been a staple around here. I often eat it for lunch on it's own, and serve it with soft boiled eggs or chicken sausages for dinner the same evening. The rest of the recipe is just about adding in texture and flavor; bright parsley, crunchy beet, salty feta, and sweet corn are just some of the things you could toss in. Toasted, chopped walnuts would add richness; halved, tart cherry tomatoes would add acidity; goat cheese would add creaminess; basil would add a peppery bite; diced shallots would add a little spice. You could go a dozen directions with this simple salad. Whatever you toss in will be complimented by my go-to vinaigrette. The champagne vinegar base can be pretty aggressive so feel free to add more olive oil than I do to mellow it a bit.

Ingredients.

3 cups cooked quinoa
1 large red beet, trimmed, peeled and cut into matchsticks by hand or with a mandoline
kernels cut from two corn cobs
1/2 cup flat leave Italian parsley, roughly chopped
6oz. crumbled feta
1/4 cup champagne vinegar
1/2 tablespoon dijon mustard
1/2 cup extra virgin olive oil
kosher salt
freshly ground black pepper
flake salt

Directions.

To cook the quinoa, I follow the recipe for Perfectly Cooked Quinoa from *It's All Good*.

1 cup quinoa
1 3/4 cup water
coarse salt

Rinse the quinoa thoroughly. Place it in a pot on a high heat with the water and a big pinch of salt. Bring the quinoa to a boil, lower the heat, cover the pot and cook until the liquid is absorbed and the quinoa's germs look like lots of tiny little spirals. This should be between 12 to 15 minutes. Turn the heat off, place a try paper towel between the pot and the lid and let the quinoa sit for 5 minutes before fluffing it with a fork.

A quick personal note: when you "lower the heat" to cook the quinoa, keep it at a nice low simmer. For my stove that means keeping the burner at about medium-low.

Once the quinoa is finished, I pour it out onto a baking sheet and allow it to cool either on the kitchen counter, or in the fridge if I'm in a hurry.

In a small bowl, whisk together the dijon and vinegar, pour in the olive oil while whisking continuously. Season to taste with kosher salt and pepper.

Place the cooked quinoa to a large bowl, add in the beets, corn, parsley, and feta. Toss gently together. Drizzle the salad with the dressing and toss together again. Top the salad with a bit of fresh pepper and flake salt.

If you want to serve the salad with soft boiled eggs, I prefer 6 minute eggs. To make them I cover eggs with cold water in a saucepan. Then bring the water to a quick simmer, turn the heat off, cover the pot and let the eggs cook for 6 minutes before transferring them to a bowl of ice water. Once cool, carefully peel, slice in half and set on top of the served salad.

This salad is great day of, as leftovers, and also travels well! It's a great picnic food.

RECIPE BY KACIE MCMACKIN

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