



MEDITERRANEAN QUINOA SALAD WITH CHARRED LEMON DRESSING

Cooking Class with Vanessa Young

MAIN EQUIPMENT: Medium saucepan with lid, fine mesh sieve, baking sheet, grill pan or skillet, measuring cups (liquid and dry), measuring spoons, large salad bowl, large spoon for salad, whisk, prep bowls, handheld juicer or citrus squeezer, knife, cutting board

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 3 lemons
- 1 pint cherry or grape tomatoes
- 1 medium seedless cucumber (or 2 to 3 mini cucumbers)
- 1 cup crumbled feta
- 1/3 cup chopped mixed herbs (such as parsley, chives, and dill)

Dressing:

- 1/3 cup extra-virgin olive oil
- 1/4 cup juice from charred lemons
- 1 teaspoon honey
- 1/4 teaspoon kosher salt
- Freshly cracked black pepper and additional salt to taste

Replace/substitute any ingredients based on food allergies and preferences.

DIRECTIONS

1. Rinse the quinoa in a fine mesh sieve under cold water until it runs clear. Add to a saucepan with 2 cups water and bring to a boil.
2. Once quinoa has come to a full boil, reduce heat to medium-low, cover, and simmer for 15 minutes. Let sit 5 minutes covered after cooking then fluff with fork. If any water remains in pot, drain quinoa.
3. Spread quinoa on rimmed baking sheet to cool to room temperature.
4. Cut the lemons in half, brush lightly with oil, and cook cut side down on a heated grill pan or skillet until browned char marks appear (about 3 minutes). Allow the lemons to cool to room temperature.
5. Halve tomatoes and slice cucumbers into rounds.
6. Make the dressing by whisking the olive oil, charred lemon juice, honey, and salt in a small bowl. Season with additional salt and freshly cracked pepper.
7. Add room temperature quinoa to salad bowl and drizzle with some of the dressing.
8. Add tomatoes, cucumbers, herbs, and feta and toss with additional dressing.
9. Serve with additional slices of charred lemon if desired.