

What's Cooking?

Recipe

Quinoa Salad with Arugula and Cranberries

Makes 6 servings

1 cup quinoa
2 cups water
2 cloves garlic, minced
1 teaspoon ground cumin
1½ tablespoons coarse-grain Dijon mustard
1/3 cup plain kefir
1/8 teaspoon ground black pepper
Pinch of salt
2 tablespoons extra virgin olive oil
4 cups finely chopped, washed arugula
1 can (15-16 oz.) garbanzo beans, rinsed and drained
½ cup dried cranberries
¼ red onion, coarsely chopped
¼ cup fresh cilantro

1. Toast quinoa in a large saucepan over medium heat for about 2 minutes. Add the water, cover, and bring to a simmer. Reduce the heat to medium low and simmer for about 20 minutes (or until the water is absorbed). Cool the quinoa until it is only moderately warm.
2. While the quinoa is cooking, whisk together the garlic, cumin, mustard, kefir, pepper, and salt. Slowly whisk in the olive oil.
3. Place the arugula, garbanzo beans, dried cranberries, onion, and cilantro in a large bowl. Add the quinoa and dressing, tossing until everything is coated.

Nutrition information per serving: Calories 225 | Fat 7 g | Saturated Fat 1 g | Cholesterol 0 mg | Sodium 195 mg | Carbohydrate 34 g | Dietary Fiber 5 g | Sugars 5 g | Protein 7 g

Additional Notes:
