



TOASTED QUINOA STIRRED WITH GARDEN SPINACH AND BLISTER CHERRY TOMATOES

Toasting the quinoa, before cooking but after rinsing, emphasizes its irresistibly nutty taste. Quinoa cooks in about 20 minutes making it a convenient grain to serve for a quick and easy meal. It's also excellent as a salad or served with warm milk for breakfast.

Make a Meal: Serve with Warm Green Bean Salad with Red Onion and Mint.

Cook time: 35 minutes, **Serves:** 4

1-1/2 cups quinoa
2 tablespoons extra virgin olive oil, divided
1 garlic clove, grated
1 teaspoon coarse salt
1 pint small cherry tomatoes
1 bag (5 ounces) baby spinach, about 5 cups packed, rinsed and drained leaf spinach
1/2 cup broken walnuts
1/2 cup grated Parmigiano Reggiano
Torn basil leaves (optional)

1. Place the quinoa in a fine mesh strainer and rinse under cold running water for at least 45 seconds. To save water swish the quinoa in a bowl of water instead of using the running water. Shake in a strainer to remove as much water as possible.
2. Add 1 tablespoon of the oil to a deep straight-sided skillet or sauté pan and warm over medium low heat. Add the wet, but drained, quinoa

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and turn the heat to medium high. Stir the quinoa until it dries out and begins to turn golden, 8 to 10 minutes.

3. Add the garlic and cook, stirring, 30 seconds. Add 3 cups water and the salt and heat to a boil. Cook, covered, over medium low heat, until all of the water is absorbed and the quinoa is translucent and appears to be uncoiling, 18 to 20 minutes.

4. Meanwhile heat the remaining 1 tablespoon oil in a small skillet over medium high heat until hot enough to sizzle a cherry tomato. Add the tomatoes and cook, shaking the pan, until the tomatoes are blistered and softened, about 5 minutes. Set aside.

5. When the quinoa is cooked add the spinach and toss with the quinoa, over medium heat, until wilted, about 3 minutes. Top with the tomatoes. Sprinkle with the walnuts and cheese. Fluff to combine. Garnish with basil and serve.

Recipe adapted from *Fresh & Fast Vegetarian: Recipe That Make Meal* by Marie Simmons (Houghton Mifflin Harcourt 2011).