

Quinoa and Breaded Eggplant Salad

Recipe By Rivky Kleiman



Cooking and Prep:  40
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Serves:  6

Contains:   

Preference: Meat

Difficulty: Easy

Diet: Sugar Free

Source: Family Table by
Mishpacha Magazine

The current trend of a meal-in-a-bowl was my inspiration to develop this recipe. A perfect balance of vegetable, grain, and protein along with a combination of flavors that is absolutely fabulous. Even my pickiest eaters licked their plates clean (and asked for doubles, too).

Ingredients (17)

Chicken

4 thin chicken cutlets

Marinade

3 tablespoons oil

3 tablespoons lemon juice

2 teaspoons dry rosemary

1 clove garlic, crushed or 1 cube Gefen Frozen Garlic

Quinoa

1 cup red quinoa

2 cups Empire Chicken Broth

Dressing

2 tablespoons Gefen Extra-Light Olive Oil

1 medium onion, diced

1 teaspoon Haddar Kosher Salt, divided

1 clove garlic, crushed or 1 cube Gefen Frozen Garlic

1 (16-oz./450-g) bag frozen B'gan Breaded Eggplant Sticks, defrosted

1/2 teaspoon chili powder

1/4 teaspoon cumin

1/4 teaspoon black pepper

1/4 cup fresh parsley, finely chopped

juice of 1 lemon (2 tablespoons)

Start Cooking

Prepare the Salad

1. Place all marinade ingredients in a Ziploc bag along with the chicken breasts. Allow to sit at room temperature for 30 minutes.
2. Rinse quinoa and place in a small saucepan with chicken broth. Bring mixture to a boil, then simmer, covered, for 15 minutes. Turn off heat and remove pan. Allow to stand 10 minutes. Fluff with a fork and set aside.
- 3.

Meanwhile, heat oil in a large skillet. Sauté onion over moderate to high heat with ½ tsp salt until golden (about 6–8 minutes). Add garlic and sauté, stirring, 1 more minute. Add defrosted eggplant stix with remaining ½ tsp salt, chili powder, cumin, and pepper. Stir for 2 minutes.

4. Stir eggplant mixture into the quinoa mixture. Cool to room temperature.
5. Add chopped parsley to salad, along with the lemon juice. Mix until well combined.
6. Remove chicken from marinade and fry, grill, or broil about 3 minutes each side. Slice into thin strips. Top salad with chicken strips.

Note:

Some red quinoas cook more slowly. Just look to see that the liquid has all been absorbed before turning off the heat. Regular quinoa may be used, too.

Tip:

You may opt to keep this salad pareve and omit the chicken strips. It's absolutely delicious with or without! If you have no chicken broth on hand, you may use 2 cups water with 2 tsp consommé powder.