

Fruity Quinoa Lettuce Salad

Recipe By Chanie Nayman



Cooking and Prep:  40
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Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Rosh Hashanah,
Tu-Bishvat

Diet: Gluten Free, Low Carb,
Vegan, Vegetarian,
Pescetarian

Source: Family Table by
Mishpacha Magazine

Whenever I'm at a salad bar, I'm always putting quinoa in my salad, like so many other people out there, so why don't we ever think to create a salad for Shabbos with quinoa inside? Try this amazing combo: sweet fruits, nutty quinoa, and crisp greens. Can't go wrong.

Ingredients (13)

Quinoa

1 cup water

1/2 cup raw quinoa

Dressing

- 1/3 cup **Bartenura Olive Oil**
- 1 tablespoon **Tuscanini Balsamic Vinegar**
- 1/2 tablespoon brown sugar
- 1/4 teaspoon **Gefen Garlic Powder**
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- juice of 1 lime (around 2 tablespoons)

Salad

- 1 head Romaine lettuce, shredded
 - 1/2 red onion, diced finely
 - 1 cup mandarin oranges, or 2 clementines, separated into segments
 - seeds of 1/2 pomegranate
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Start Cooking

Prepare the Salad

1. Bring water to a boil in a small saucepan.
2. Add the quinoa, return to a boil, and lower to a simmer for 12 minutes.
3. Fluff with a fork and allow to cool.
4. Combine dressing ingredients.
5. In a large salad bowl, arrange salad with lettuce on the bottom, then the quinoa, and top with the fruits and a drizzle of dressing.
6. Alternatively, you can toss the salad together for equally tasty results.

Note:

Try this quinoa salad on its own. It's incredible! Thank you, Esty (and Faigy, of course), my Canadian food buddy!!

Credits

Photography: Daniel Lailah

Styling: Amit Farber