

QUINOA

1 cup quinoa, rinsed several minutes

1 cup water

1 cup chicken stock (use vegetable stock to make this vegetarian)

1 green onion, cut on an angle

½ tomato, peeled, seeded and cut in small pieces (you can easily remove the skin by making a cut on the bottom of the tomato in the shape of a cross and putting it in boiling water for a minute or so, place the tomato in ice water to stop the cooking – this procedure is called blanching and shocking)

1 cup roasted red pepper, diced

2 tablespoons roasted pumpkin seeds

Add water and stock to sauce pan and bring to a boil. Add quinoa and cook until tender, you will see a small white line through quinoa that will tell you it is done. Toss lightly with dressing, and spread out and let cool. Once cooled, toss with remaining ingredients and dressing...



CHIMMICHURRI DRESSING

¼ cup cilantro leaves

¼ cup parsley leaves

2 garlic cloves

1/2 jalapeno pepper, seeded (leave some seeds in if you like it hot)

¼ cup white vinegar

1½ cup extra virgin olive oil

to taste kosher salt

Mix all solid ingredients with vinegar in a blender and blend until smooth. Slowly drizzle in oil while continuing to blend. Add salt to taste. If dressing is too thick, add a small ice cube to thin the sauce.

ORANGE RADISH SALSA

1 orange, cut in segments,

skin removed

1 radish, cut into small strips, about 1/16"

1 tablespoon parsley leaves, whole

1 tablespoon cilantro leaves, whole

juice from remaining orange

1 tablespoon extra virgin olive oil

kosher salt to taste

black pepper to taste

Mix ingredients together and plate next to quinoa.