



Delightful Food Ideas

Quinoa Salad With Vegetables And Olive Oil

(NAPSA)—Now is the perfect time to try new recipes that incorporate the delicious vegetables available in grocery stores and at local farmers markets. Quinoa Salad with Zucchini, Eggplant and Peppers is a colorful dish full of flavor and heart-healthy ingredients.

Quinoa seeds are small, round, high-protein nuggets that resemble couscous and have a slightly nutty flavor. Compared to most other grains, quinoa is higher in unsaturated fats (the good fats) and lower in carbohydrates. You can find quinoa in most grocery stores in the rice or pasta aisle.

This salad calls for two types of olive oil, regular for sautéing and flavorful extra virgin for the dressing. The vegetables are sautéed with fresh thyme, garlic and olive oil, then tossed with quinoa and an easy dressing made with extra virgin olive oil, more fresh thyme and salt and pepper. The result is a delicious mix of fresh vegetables and grains that can be served as a flavorful side dish or paired with flatbread for an easy appetizer.



This flavorful salad is a great option for those following a gluten-free diet, as standard quinoa grains are gluten-free.

- ½ tsp. salt**
- ½ to ½ cup extra virgin olive oil**
- 2 stems fresh thyme**
- Salt and fresh ground pepper**

1. In a large skillet at medium heat, add ½ cup olive oil, garlic cloves, cut vegetables, leaves of 4 stems thyme and salt. Sauté 10–12 minutes or until crisp-tender. Set aside.

2. Meanwhile, cook the quinoa according to package directions until tender; strain and run cold water over quinoa to stop it from cooking further.

3. In a bowl, mix the quinoa with the vegetables, add ½ cup extra virgin olive oil, remaining thyme and salt to taste. Mix well.

4. To serve, garnish dish with additional fresh thyme.

Makes 9–12 servings.

This dish can be adapted to incorporate your favorite seasonal vegetables, including corn, green and yellow peppers, okra and summer squash. For more recipes, visit www.aboutoliveoil.org.

Quinoa Salad with Zucchini, Eggplant and Peppers

- 1 eggplant, deseeded, diced into ¼-inch squares**
- 2 red peppers, deseeded, diced into ¼-inch squares**
- 1½ zucchini, deseeded, diced into ¼-inch squares**
- ½ cup olive oil**
- 4 stems fresh thyme (leaves and thin stems only)**
- 3 garlic cloves, minced**
- 8 oz. quinoa**