

Balsamic and Herb Quinoa Salad

Jacob · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

Serve this cold quinoa salad with balsamic dressing as a delicious summer side to your favorite grilled meat or try it alone as a great light lunch I have been experimenting a lot with quinoa recently and this is by far my favorite recipe Its such a nice healthy alternative to pasta and rice

Ingredients

- - 2 cups water - 1 cup quinoa - 1 teaspoon chicken bouillon granules - ½ cup frozen baby lima beans - water to cover - salt and freshly ground black pepper to taste - ? cup slivered almonds - 3 Campari tomatoes
- diced - 2 tablespoons thinly sliced scallions - 2 ounces fresh mozzarella cheese
- cut into small chunks - 3 tablespoons balsamic vinegar - 3 tablespoons almond oil - 2 tablespoons extra-virgin olive oil - 2 teaspoons Italian seasoning - 2 teaspoons dried basil - 1 teaspoon minced garlic - ¼ teaspoon salt

Instructions

1. Bring 2 cups water
2. quinoa
3. and bouillon granules to a boil in a saucepan. Reduce heat to medium-low
4. cover
5. and simmer until quinoa is tender and water has been absorbed
6. 15 to 20 minutes. Spread quinoa onto a baking sheet and refrigerate until cooled
7. about 30 minutes. Rinse the saucepan. Place lima beans into the saucepan and add water to cover beans by 1 inch; season with salt and pepper. Cover the saucepan with a lid and bring water to a boil. Reduce heat to medium and simmer until beans are cooked through but still tender
8. 3 to 4 minutes. Drain water and rinse beans under cold water to stop the cooking process; refrigerate until cool
9. about 10 minutes. Cook and stir almonds in a skillet over medium heat until toasted
10. about 5 minutes. Remove the skillet from heat and cool almonds to room temperature
11. about 5 minutes. Mix quinoa
12. lima beans
13. almonds
14. tomatoes
15. scallions
16. and mozzarella cheese together in a large bowl. Whisk vinegar
17. almond oil
18. olive oil
19. Italian seasoning
20. basil
21. garlic
22. and salt together in a small bowl until smooth; pour over quinoa mixture and stir to coat. Recipe Tip Leave out the chicken bouillon to make this dish vegetarian.