



Spring Recipe I

Quinoa with Spring Vegetables, Fresh Herbs & Sesame Salt

Makes 4 to 6 servings or 4 cups

Sesame Salt:

Makes 1 ¼ cups

1 cup whole brown sesame seeds, toasted at 300° until tasty, 15 to 20 minutes

1 ½ teaspoons unrefined sea salt

Quinoa:

Makes 4 cups

2 cups water

1 small leek, diced small

1 small carrot, diced small

½ cup peas, or green beans or okra, 2 ounces, sliced

Half a fat carrot, cut in thin diagonals

1 cup quinoa

1 teaspoon sea salt

½ cup mixed fresh dill and parsley, finely chopped

Zest of a lemon

Dill garnish

1. In a food processor, blend sesame seeds and salt until 2/3 ground. Set aside
2. In a 2- or 3-quart saucepan, bring water to boil. Add leek, diced carrot and peas and cook until tender, about 5 minutes. Transfer to bowl with a flat strainer/skimmer. When boiling resumes, add carrot slices and cook until tender, about 5 minutes. Reserve vegetable cooking broth and cut carrots in star shapes with small hors d'oeuvre cutters for garnish.
3. In a bowl, generously cover quinoa with cool water. Swish quinoa with your hand to release any dirt and remove any saponin, a natural plant coating that may taste bitter. Drain.
4. Combine vegetable cooking broth with enough fresh water to make 2 cups and bring to boil in the same saucepan. Add quinoa and salt and swish to make level. When boiling resumes, turn heat down to slow-boil until liquid is absorbed, 20 minutes.
5. Transfer quinoa to a serving bowl by fluffing with a fork, alternating layers with vegetables, dill, parsley and lemon zest. Serve quinoa in 1-cup portions pressed in a measuring cup and tapped out onto plates. Garnish each serving with a carrot cutout and a dill leaf. Serve with sesame salt at the side.



Note: For amounts larger than a cup, figure water volume at 1 ½ cups per cup quinoa.

For 6 servings, per serving with 1 tsp. sesame salt per person:

Calories: 146 Protein: 5gm Saturated Fat: 0.3gm Fiber: 3gm Carbohydrates: 25gm Fat:
2gm Cholesterol: 0 Sodium: 305mg

Calories from Protein: 14% Calories from Fats: 17% Calories from Carbohydrates: 69%