

Jeanne Journal

Cooking Classes and Demonstrations

Hearty Vegetable Quinoa Salad

During the winter months this super grain makes any salad heartier. Make it with colorful sautéed and roasted vegetables, legumes and herbs; top with toasted nuts or diced cheese. Here is a preparation that has lots of great flavors, textures and is full of nutrients. Served warm or cold this recipe makes a great main course or side dish to any entrée.

Makes 9 cups

1-cup quinoa

3 cups (14 ounces) butternut squash, peel and cut in a small dice

4 cups (one half head) cauliflower, cut into small florets

1 ½ cups (1 small bulb) or 6 ounces fennel, cut in a small dice

1 ½ cup (1 medium) Spanish onion, cut in a small dice

1 cup (1 medium) yellow bell pepper, cut in a small dice

6 plump shitake mushrooms, sliced into strips across the button, then sliced in half.

2 teaspoons fresh thyme leaves, chopped fine

1 cup packed parsley leaves with fine stems, chopped fine

1 cup (1/3 of small can) navy beans rinsed and dried

2 lemons, zested and juiced

1/2 cup virgin olive oil, divided

4 teaspoons salt, divided, plus more to salt quinoa water

2 scant teaspoons pepper, divided

1-teaspoon Aleppo pepper flakes, optional

TO COOK THE QUINOA

Bring a medium pot of salted water to a boil, add quinoa and bring back to a boil. Turn down heat to low and let quinoa simmer for 9 minutes, or until center is no longer white, and it still has a bite. Drain immediately, cool on a sheet tray lined with paper towels or parchment paper.

PREPARATION

Preheat oven to 375 degrees. Place butternut squash and cauliflower on separate sheet trays lined with parchment paper. Drizzle each tray with 1-tablespoon olive oil and toss to distribute evenly. Season each tray with 1-teaspoon salt, ½ teaspoon black pepper and ½ teaspoon Aleppo pepper. Roast in oven for 25-30 minutes. Toss the vegetables half way through cooking time. If available, turn convection fan on for the second half of cooking. If not cook until tender and golden brown. Set aside to cool.

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In a large skillet over medium heat add 2 tablespoons of olive to lightly coat pan, add fennel and cook for 3-4 minutes, until it starts to soften. Add onions; adjust heat if needed to keep vegetables cooking gently, another 3-4 minutes. Add peppers and continue cooking until the vegetables are softened, lightly colored and almost cooked through. Add mushrooms and cook another 3-4 minutes or until mushrooms are tender and moist. Remove pan from heat and let cool.

ASSEMBLY

In a large bowl combine cooked quinoa, roasted and sautéed vegetables with all the seasoned oil remaining on sheet trays, chopped herbs, navy beans, lemon zest and toss gently. Drizzle with the remaining 2 tablespoons of olive oil, lemon juice and salt and pepper to taste.