



Red Quinoa Pomegranate Salad

Think of red quinoa as a cheery version of the more customary beige. Spicy-sweet peppadew peppers add a little zing to this salad. Look for them in the deli section of grocers or use roasted red peppers as an alternative. Serve as an accompaniment to dinner or a standalone at lunch.

3/4 cup (180 mL) red quinoa
1 1/4 cups (310 mL) low-sodium vegetable broth
1 cup (250 mL) pomegranate seeds
1 cup (250 mL) quartered peppadew or sweet piquanté peppers
1 pint (500 mL) cherry tomatoes, halved
1/2 cup (125 mL) chopped fresh mint
1/2 cup (125 mL) chopped flat-leaf parsley
1/3 cup (80 mL) sliced pecans
2 Tbsp (30 mL) extra-virgin olive oil or camelina oil
Juice of 1/2 lemon
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) black pepper
3 oz (85 g) feta cheese, diced

Place quinoa in fine-mesh sieve and rinse well. Heat heavy-bottomed, medium-sized saucepan over medium heat. Add quinoa and heat until dry and grains begin

to smell toasty, about 5 minutes. Add broth, bring to a simmer and heat until quinoa is tender, about 15 minutes. Drain any excess water and set aside to cool.

Fluff quinoa with fork and toss with pomegranate seeds, peppadew peppers, cherry tomatoes, mint, parsley, and nuts. In small bowl, whisk together oil, lemon juice, salt, and pepper. Toss dressing with quinoa salad.

Divide salad among serving plates and garnish with feta.

Serves 5.

Each serving contains: 252 calories; 7 g protein; 13 g total fat (3 g sat. fat, 0 g trans fat); 26 g total carbohydrates (8 g sugars, 0 g fibre); 303 mg sodium

TIP:

To remove the seeds (also called arils) from a pomegranate without turning your kitchen into a scene from a horror movie, submerge a quartered pomegranate in a large bowl of water. You can then pull apart the fruit with your hands—the seeds will sink while the inedible white membrane will float to the surface. Skim off membrane and drain seeds.