

June 2009

Cooking with the Market – PCC Cooks

Last week, PCC cooking instructor Birgitte Antonsen demonstrated two delicious, healthful salads she has created for PCC Cooks, PCC Natural Market's cooking school.

She enjoyed shopping at our Market for her ingredients and watching the faces of the delighted samplers who crowded around her booth for a taste of her salads.

Farmers Market Summer Quinoa Salad

This is a great spring or summer salad for picnics and barbecues. Cooked quinoa is a perfect protein and is a great addition to a vegetarian diet or as an added protein to any salad. Take advantage of local and seasonal produce by using any vegetables listed in the recipe:

Serves: 4 to 6

Preparation: 30 minutes

1 c. quinoa

1 1/2 c. filtered water or vegetable broth

4 to 5 c. seasonal vegetables, such as:

- 1 to 1 1/2 c. asparagus, snap peas, green beans, diagonally sliced
- 1 to 1 1/2 c. radishes, cucumbers, fennel, tomatoes, diced
- 3 green onions or 1/2 small Walla Walla, red or yellow onion, finely diced
- 1 bunch leafy greens (mizuna, chard, arugula, kale or a mix), finely sliced
- 1 c. fresh herbs (cilantro, basil, mint, parsley, chives), chopped

Dressing:

1/4 to 1/2 c. lemon juice

1/4 to 1/2 c. extra-virgin olive oil

3 to 4 garlic cloves, minced

Salt and Pepper

Place the quinoa in a fine sieve and rinse under running water. In a small sauce pan, combine water or broth and rinsed quinoa. Bring to a boil, cover and reduce heat. Let simmer for 7 to 10 minutes. Turn off the heat and let sit for 15 to 20 minutes to absorb remaining water. Remove and cool completely. Prepare all the vegetables and place in the salad bowl with the cooled quinoa. Make the dressing, toss with the salad and serve.

PCC on quinoa:

Quinoa is native to the Andes and has been cultivated continuously for more than 5,000 years. Today, most quinoa is imported from South America, although it is being cultivated on the high slopes of the Colorado Rockies.

Quinoa has excellent reserves of protein, and has more iron than other grains and high levels of potassium and riboflavin, as well as other B vitamins. It's also a good source of magnesium, zinc, copper and manganese, and has some folate (folic acid). Quinoa contains no gluten and is much less filling than most other grains and pasta, with a delicious, nutty flavor.

Thank you, Birgitte, for coming to our Market! We'll think of you as we follow your recipes. We can always find good recipes on the PCC website, <http://www.pccnaturalmarkets.com/pcccooks/>.