

SALADS

# WARM QUINOA SALAD

## *with Roasted Autumn Vegetables and Ginger-Scallion Dressing*

Over the last few years, quinoa (pronounced KEEN-wah) has been touted as the next great superfood. It's considered by most to be a grain, but it is actually an amino-acid-rich seed full of protein and magnesium and a host of other minerals. Crunchy and nutty in taste, it is also extremely easy to prepare.

This recipe is a winner in all respects. It's simple to make, absolutely delicious, and about the most healthful dish you could ever eat. Chef Corey created it as part of his perpetual quest to expand our repertoire of meatless options that will satisfy even the most devoted carnivore. It's my favorite dish from Flour to make at home.

**SERVES 4 AS A MAIN COURSE OR  
6 TO 8 AS A FIRST COURSE**

6 or 7 Brussels sprouts, trimmed and quartered lengthwise

1 large parsnip, peeled and cut into ½-in/12-mm pieces

1 large carrot, peeled and cut into ½-in/12-mm pieces

1 small sweet potato, peeled and cut into ½-in/12-mm pieces

2 or 3 baby white turnips or purple-top turnips, peeled and cut into ½-in/12-mm pieces

3 tbsp olive oil

1 teaspoon kosher salt

¼ tsp freshly ground black pepper

1¼ cups/225 g quinoa

8 or 9 scallions, white and green parts, thinly sliced

3 tbsp peeled and minced fresh ginger

2 tbsp sherry vinegar

3 tbsp soy sauce

3 tbsp vegetable oil

1 tsp sesame oil

¼ cup/15 g chopped fresh cilantro for garnish (optional)

**SPECIAL EQUIPMENT:** rimmed baking sheet, sieve

**1.** Preheat the oven to 400°F/200°C, and place a rack in the center of the oven.

**2.** In a medium bowl, toss the Brussels sprouts, parsnip, carrot, sweet potato, and turnips with the olive oil, salt, and pepper. Transfer the vegetables to the baking sheet, arranging them in a single layer. Roast the vegetables, stirring every 5 minutes or so, for 18 to 20 minutes, or until they are tender and cooked through. Remove from the oven and set aside.

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3. While the vegetables are roasting, in a large saucepan, combine the quinoa and about 6 cups/ 1.4 L water and bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer for about 20 minutes, or until the quinoa grains "pop" (a white halo appears around each grain) and are cooked through. Drain the quinoa in the sieve and transfer to a medium bowl. The quinoa can be cooked up to 3 days in advance and store in an airtight container in the fridge; bring to room temperature or reheat in a medium skillet over medium heat for 6 to 8 minutes, or until warmed through, before using.

4. Add the roasted vegetables to the quinoa and toss well. In a small bowl, whisk together the scallions, ginger, vinegar, soy sauce, vegetable oil, and sesame oil until combined. Pour the dressing over the quinoa and vegetables and mix well. Divide equally among four bowls and top with the cilantro (if using). Serve warm or at room temperature.