

# The Vineyard at Painted Moon

## Recipe: Quinoa Salad Your Way

Here are two delicious variations on a basic quinoa salad, completely adaptable to your tastes. Use whichever ingredients you like, omit any you don't. And hey—if you don't like quinoa, use three cups of cooked and cooled pasta instead.

### Thai-Inspired Quinoa Salad with Peanut Dressing

- 1 ½ cups dry quinoa
- 1 large carrot, peeled and diced
- 2 stalks celery, diced
- 1 red bell pepper, diced
- 2 green onions with tops, sliced
- ¼ cup cucumber, diced
- ½ cup peanuts
- ½ cup fresh cilantro, minced
- ½ tsp sea salt

#### *Peanut Dressing*

- ¼ cup creamy peanut butter
- ¼ cup + 2 Tbsp mild rice vinegar
- ½ tsp toasted sesame oil
- ½ tsp fresh minced ginger
- ¼ cup vegetable oil

Cook the quinoa using your favorite method. I use my Instant Pot pressure cooker. I use 1 ½ cups of dry quinoa to 1 ¾ cups water, cook at high pressure for 3 minutes and allow 8 minutes of natural release. Allow to cool.

Whisk together the dressing ingredients. Add all ingredients to a bowl and stir well. Allow flavors to marinate. Serve cold or warm.

## Italian-Inspired Quinoa Salad with Vinaigrette

- 1 ½ cups dry quinoa
- 1 large carrot, peeled and diced
- 2 stalks celery, diced
- ½ cup cauliflower, diced
- ¼ cup frozen peas, thawed
- ¼ cup frozen corn, thawed
- ½ cup cherry tomatoes, quartered
- 4 oz mozzarella cheese, diced
- ¼ cup pine nuts
- ¼ cup fresh parsley, minced

### *Vinaigrette*

If desired, you can use about ¾ cup of your favorite ready-made Italian salad dressing.

- ¼ cup apple cider vinegar
- ½ cup olive oil
- 1 tsp honey
- 1 clove garlic, minced
- 1/8 tsp each of salt and pepper

Cook the quinoa using your favorite method. I use my Instant Pot pressure cooker. I use 1 ½ cups of dry quinoa to 1 ¾ cups water, cook at high pressure for 3 minutes and allow 8 minutes of natural release. Allow to cool.

Whisk together the dressing ingredients. Add all ingredients to a bowl and stir well. Allow flavors to marinate. Serve cold or room temperature.