

Broccoli Quinoa Salad with roasted lemon vinaigrette

Swick

Makes 3 servings | Active Time: 30 minutes | Total Time: 35 minutes

Chef's Notes

Suggested adult serving: 2½ cups

Store any leftover salad in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Toasted Pine Nuts: You can purchase pre-toasted pine nuts, or you can toast them yourself: Simply cook in a dry skillet over medium heat, stirring frequently, until fragrant and lightly browned, about 5 minutes.

Step 1: Prepare Salad Fixings

- ¾ cup quinoa, rinsed & drained (≈2 ¼ cups cooked)
- 11 ¼ oz broccoli florets cut into bite-size pieces (≈4 ½ cups)
- ¾ red onion, cut into wedges (≈¾ cup)
- 2 ¼ oz baby spinach (≈3 cups)
- 7 ½ radishes, thinly sliced (≈1/3 cup)
- 3 lemons, halved
- 1 ½ tablespoons white wine vinegar
- 1 ½ tablespoons pure maple syrup
- 1 tablespoon coarse-grained mustard
- sea salt
- freshly ground black pepper
- 3 tablespoons toasted pine nuts, for serving

Preheat the broiler to high.

PREPARE GRAINS

In a saucepan over high heat, bring quinoa and 1 ½ cups water to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork. Chill in the refrigerator.

ROAST VEGETABLES & LEMONS

On a baking sheet, place broccoli, red onions, and lemons, cut sides up. Brush vegetables with water, then broil 4 to 5 inches from the heat until you start to see crispy, browned bits on the vegetables and broccoli starts to turn tender, 6 to 8 minutes. Transfer sheet to a wire rack to let cool.

MAKE SALAD

In a large bowl, combine spinach, cooked quinoa, and radishes.

WHISK ROASTED LEMON VINAIGRETTE

Squeeze juice from 1 ½ roasted lemons. Measure out 1/3 cup juice (add a bit of water if needed to reach that amount); set aside remaining juice. In a small bowl, whisk the 1/3 cup lemon juice, white wine vinegar, maple syrup, and coarse-grained mustard.

TOSS, SEASON & SERVE

Add broccoli and red onions to salad, then drizzle with roasted lemon vinaigrette; toss to mix. Season with salt and pepper to taste. Serve salad with a sprinkle of toasted pine nuts and remaining roasted lemon.