



This recipe is often sold in small containers by market vendor Something's Brewing.

Featuring * ingredients from the market.

Quinoa Salad

What to use

*(Note: Ingredients marked * are available at the Saratoga Springs Farmers' Market.)*

Ingredients for Dressing

2 tbsp maple syrup
2 tbsp local honey *
3 tbsp olive oil
3 tbsp vegetable oil
2 tbsp lemon juice
½ tbsp garlic powder from Pleasant Valley Farm *
1 tbsp good quality Dijon mustard
4 tbsp balsamic vinegar
Pinches of favorite dried herbs
Salt & pepper to taste

Put all ingredients into wide-mouth jar, cover and shake until very well blended, or emulsify with a hand immersion blender.

Ingredients for Quinoa Salad

1 cup dry red or white quinoa
2 cups (scant) water
1 tbsp salt
3-4 tbsp honey-maple-balsamic vinaigrette
Assortment of shredded vegetables, such as carrots, fennel, red onions, scallions.
Chopped fresh herbs to taste, such as lemon verbena, or Italian herbs *
Fresh salad greens *
Chopped roasted chicken (optional) *
Chopped cheese of choice (optional) *

Preparing the Salad

Bring the water to a boil in a pot with a tight fitting lid.

Add the quinoa and salt, and simmer, stirring once or twice, until all the water is absorbed.

Remove from the heat, let stand, then fluff with a large fork.

When cool add 4-5 tbsp vinaigrette and toss with a fork.

Add the shredded vegetables, fresh herbs, salt and pepper, and toss again.

Chill and serve over fresh market greens, which may also be tossed with more vinaigrette.

Optional additions are local cheese or chopped roasted chicken.