

**TASTY  
QUINOA  
RECIPES  
TO TRY  
AT HOME**

**GRAINS OF THE WORLD**  
From the West Tisbury School Garden Tasting  
Project

# MEXICAN QUINOA WITH BLACK BEANS AND CORN

Serves 8

Edamame, or fresh soybeans, aren't usually found in Mexican dishes, but once I added them along with corn, black beans and the red pepper it looked and tasted so good, I had to keep them in. You can be flexible with the dressing: if you don't have cumin, just use chili powder or try adding a bit of cayenne for additional heat if you like it spicy. Dress the salad just before eating. The quinoa will absorb dressing as it sits, so you can add more lemon or lime juice as desired. This recipe makes enough for a crowd and can easily be cut in half.

1 & 1/2 cups quinoa, rinsed well and drained

2 & 1/4 cups water

1/2 teaspoon salt

1 cup frozen edamame beans, without the pod

Kernels from 2 ears fresh corn (approximately 1 cup)

1 cup canned black beans, rinsed in hot water

1 red pepper, roasted, peeled, and diced (see page xx)

1/2 to 1 cup cilantro leaves, washed well, spun dry and loosely chopped

Dressing:

6 tablespoons fresh lime

6 tablespoons olive oil

1 garlic clove, finely minced

1/2 teaspoon each chili powder and ground cumin

3/4 teaspoon kosher salt, or to taste

1. Place the quinoa, water, and 1/2 teaspoon salt in a saucepan. Bring to a boil, reduce heat, cover and cook on low for 13 to 15 minutes, until water is absorbed. Turn off heat and let rest for 10 minutes. Fluff with fork, add to a large bowl and cool to room temperature.
2. Bring another saucepan with water to a boil. Add edamame and boil for 2 minutes and then add corn, and continue boiling for 2 minutes longer. Drain the edamame and corn and run under cold water to stop the cooking and keep the color. Roast the red pepper. Add corn, edamame, red pepper and black beans to the quinoa.
3. In a small bowl, whisk together the lime juice, olive oil, garlic, chili powder, cumin, and salt. When ready to serve, pour dressing over quinoa and vegetables and toss gently to combine all ingredients. Add cilantro and mix gently. Taste and add more salt and citrus if necessary. Serve at room temperature.

@ Recipe by Catherine Walthers, Soups + Sides

## SCARLETT QUINOA

The magenta color from the beets is gorgeous. It isn't necessary to peel the beets if you are using fresh young ones and they've been scrubbed well.

1 2/3 cups water

1 cup quinoa, thoroughly rinsed and drained

1/2 tsp salt

3/4 cup (about 1/2 lb) grated raw beets

1/3 cup minced parsley

1/4 cup scallion greens, finely chopped

3 tablespoons olive oil

1/4 cup lemon juice,

freshly squeezed salt and pepper

1. Rinse the quinoa well under cold running water. When the water runs clear, it's rinsed.
2. Bring water or stock to a boil. Add quinoa and salt. Return to a boil, cover, reduce the heat and simmer for 15 minutes. Turn off the heat and let stand, covered for 5 minutes.
3. While fluffing up the just-cooked quinoa, stir in the beets until all of the grains turn scarlet.
4. Stir in the parsley, scallion greens, olive oil, 1/3 cup lemon juice and salt. Season to taste.
5. Serve warm or refrigerate until shortly before needed and bring to room temperature. Add more lemon juice to perk up flavors if desired.

@ Recipe from Lorna Sass, Recipes from an Ecological Kitchen

## **QUINOA SALAD WITH WATERCRESS, CUCUMBERS AND RADISHES**

This is a personal favorite. The quinoa cooks in 15 minutes and takes a simple dressing of lemon juice and olive oil.

1 cup quinoa, rinsed well and drained in a fine-mesh sieve

1 2/3 cups water

½ teaspoon salt

1 bunch watercress (about 2 cups chopped)

1 cucumber, peeled, seeded and diced ¼-inch

6 radishes, halved, sliced and slices cut into matchsticks

1 carrot, peeled and grated

1 red pepper, raw or roasted, diced small

### **Dressing**

¼ cup fresh lemon juice

¼ cup olive oil

½ teaspoon salt, or to taste

---

1. Place the quinoa, water and ½ teaspoons salt in a 3-quart pot. Bring to a boil, reduce heat, cover, and simmer for 15 minutes. Turn off heat and let stand for 10 minutes. Fluff with a fork and cool to room temperature. To speed cooling, spread quinoa on a large platter while you prepare the vegetables for the salad.

2. Strip the watercress leaves from large stems. Wash leaves in a bowl of cool water, lift out to drain, and spin dry. Chop slightly.

3. In a large mixing bowl, combine the cooled quinoa, watercress, cucumber, radishes, carrot and red pepper.

4. In a small bowl, whisk together the dressing ingredients. Pour over the quinoa and vegetables and toss gently to combine all ingredients. Serve at room temperature or chilled

@ Recipe by Catherine Walthers, Raising the Salad Bar