

QUINOA SALAD WITH SPINACH, PARSLEY, AND SPRING ONIONS

This is perhaps my favorite grain salad, one that I can enjoy day after day. I often make up a batch and serve it for lunch or as an afternoon snack.

4 SERVINGS

EQUIPMENT: A SIEVE; A FOOD PROCESSOR OR A BLENDER.

- 1 1/2 cups quinoa
- 3 cups Homemade Vegetable Stock (page 312), Homemade Chicken Stock (page 310), or water
- 2 fresh or dried bay leaves
- 1 teaspoon fine sea salt
- 1 tablespoon freshly squeezed lemon juice
- 1 bunch fresh parsley, leaves only (2 cups loosely packed)
- 1 tablespoon extra-virgin olive oil
- 3 small spring onions or scallions, white part only, trimmed, peeled, and cut into very thin rings
- 5 ounces fresh spinach, stemmed, cut into a chiffonade (4 cups loosely packed)
- Creamy Lemon-Chive Dressing (page 326)

1. In a large, dry, nonstick skillet, toast the quinoa over medium heat, stirring regularly, until it crackles and becomes aromatic, 3 to 5 minutes. Place the quinoa in a sieve and rinse under cold running water to remove the grain's coating, which can be bitter.
2. In a medium saucepan, bring the stock to a boil over high heat. Add the quinoa, bay leaves, and salt. Reduce the heat to low, cover, and simmer for 20 minutes, stirring from time to time to prevent the quinoa from sticking to the pan. Remove from the heat and let stand, covered, for 10 minutes. Remove and discard the bay leaves.

3. Meanwhile, in a food processor or a blender, combine the lemon juice, parsley leaves, and olive oil and process until the parsley is finely chopped.
4. Toss the vinaigrette with the quinoa and the spring onions. (Store in an airtight container in the refrigerator for up to 8 hours.)
5. At serving time, toss the spinach chiffonnade with just enough Creamy Lemon-Chive Dressing to lightly and evenly coat the greens. Add the quinoa and toss gently. Serve.

NOTE: Some brands of quinoa are already rinsed. Read the package directions.

WINE SUGGESTION: For no reason at all, this salad reminds me of Alsace, so I enjoy it with a light, dry, young Alsatian white, such as the offering from the house of Hugel, their Pinot Blanc Cuvée les Amours.