

CAFE THOMPSON RECIPE

ORANGE QUINOA SALAD WITH POMEGRANATE AND TANGY TURMERIC DRESSING

Like many grains, quinoa is having its day and for good reason. Quinoa is an ancient grain (planted and harvested for thousands of years), high in fiber, nutrients and protein (so good for vegan or vegetarian diets), and is full of antioxidants.

SERVES 6



INGREDIENTS

- 5 cups water
- 3 cups dry organic whole-grain red and white quinoa
- 2 can organic garbanzo beans, drained and rinsed
- 5 cups kale, chopped
- 1 cup green onions, chopped
- 6 medjool dates, pitted and chopped
- 1 cup cilantro, chopped
- 1 1/2 cups pomegranate arils
- 1/2 cup pistachios, chopped
- 10 mandarin oranges, peeled and sliced

For the dressing

- 1/3 cup freshly squeezed juice, from 3 mandarin oranges
- 1/4 cup red wine vinegar
- 1 tablespoon freshly grated ginger
- 1 large garlic clove, smashed
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 tablespoons honey
- 1 1/2 teaspoons ground oregano
- 1/3 teaspoon ground coriander
- 1/3 teaspoon ground turmeric
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/3 cup extra-virgin olive oil

DIRECTIONS

Make the dressing: Combine all ingredients for the dressing in a small bowl and whisk to combine. Set aside and discard the smashed garlic clove before serving.

Cook the quinoa: Place the quinoa in a large saucepan with 5 cups water over medium-high heat. Bring to a boil and drop down to a simmer for 15 to 20 minutes and cook until tender. There will be some water leftover. Drain, rinse with cold water and drain again. Transfer to a large mixing bowl.

Make the salad: To the mixing bowl, add the quinoa, beans, kale, green onions, dates, cilantro and half of the pomegranate arils and pistachios. Pour over the dressing and toss to coat. Transfer to a large serving plate and top with the sliced oranges. Top with the remaining pomegranate arils and pistachios and enjoy immediately.

