

# 500 Best Quinoa Recipes

## Breakfast

Quinoa Hot Cereal with Bananas, Walnuts and Dried Cherries  
Quinoa Pancakes with Mixed Berry Compote  
Mushroom Quinoa Frittata  
Baked Ranchero Quinoa Omelet  
Quinoa-Egg Power Scramble  
Quinoa, Chicken and Apple Breakfast Patties  
Sausage, Cheese and Quinoa Casserole  
Banana Quinoa-Flax Bread  
Papaya-Berry Quinoa Parfaits  
Quinoa Crunch with Seasonal Fruit and Yogurt  
Quinoa Granola  
Toasted Quinoa and Dried Fruit Muesli  
Sweet Potato, Canadian Bacon and Quinoa Hash  
Vegetable-Quinoa Hash  
Breakfast Quinoa Bars  
Quinoa-Blueberry Breakfast Cookies  
Quinoa Dutch Baby Pancake  
Ginger Berry and Quinoa Smoothie  
Banana-Date Quinoa Smoothie  
Fruit, Coconut and Quinoa "Frushi" (Fruit Sushi)  
Cinnamon Streusel Quinoa Coffeecake  
Blueberry-Almond Coffeecake  
Quinoa and Blueberry Ricotta Pancakes  
Pumpkin Quinoa Flapjacks  
Apple-Quinoa Oven Pancake  
Creamy Cocoa-Date Quinoa  
Greek Yogurt, Fruit and Quinoa Crumble Parfaits  
Citrus-Berry Power Smoothie  
Vanilla-Date Energy Smoothie  
Crunchy Quinoa Granola Wedges  
Super Seed and Nut Bars  
Almond-Honey Power Bars  
Apricot-Quinoa Cereal Bars  
Quinoa Power Cookies  
Bowl of Oats and Quinoa Breakfast Cookies  
Maple-Quinoa Breakfast Biscotti  
Chorizo-Quinoa Hash Browns  
Red Flannel-Red Quinoa Hash  
Sweet-Potato Quinoa Hash with Lime and Cilantro  
Mini Quinoa, Ham and Cheese Frittatas  
Quinoa, Mushroom and Cashew Breakfast Patties  
Quick Quinoa Breakfast Burrito  
Southwestern Quinoa Scramble  
Baked Eggs in Quinoa Cups  
Baked Eggs in Tomato Sauce with Quinoa and Feta  
Sausage and Quinoa Brunch Casserole

## Appetizers, Snacks and Nibbles

Sweet and Spicy Toasted Quinoa-Nut Mix  
Quinoa Cranberry Crunch  
Quinoa Power Bars  
Sports Bars with Peanut Butter, Quinoa and Dried Fruit  
Chewy Quinoa Granola Bars  
Cranberry, Quinoa and Oat Go-Bars  
Toasted Quinoa Cluster Trail Mix  
Roasted Red Pepper-Quinoa Spread  
Chunky Quinoa Guacamole  
Roasted Carrot-Quinoa Hummus  
New World Quinoa-Vegetable Salsa  
Quinoa-Olive Tapenade  
Date, Toasted Quinoa and Blue Cheese Ball  
Warm Artichoke Spinach Quinoa Dip  
Smoky Quinoa-Sausage Sliders  
Quinoa and Currant Dolmas (Stuffed Grape Leaves)  
Endive with Quinoa, Cranberries and Goat Cheese  
Quinoa-Stuffed Mushrooms  
Quinoa Deviled Eggs  
Thai Quinoa Lettuce Wraps  
Quinoa Blini with Smoked Salmon  
Quinoa-Caramelized Onion Dip  
Quinoa-Swiss Chard Spring Rolls  
Quinoa Falafel Bites with Yogurt Dipping Sauce  
Easy Quinoa Gougères  
Tiny Quinoa Quiches  
Almond Butter, Oat and Quinoa Bites  
Herbed Cornbread Bites  
Middle Eastern Red Lentil-Quinoa Patties  
Indian-Spiced Mini Pancakes with Cilantro Chutney  
Quinoa-Polenta Squares with Blue Cheese-Dried Cranberry Topping  
Fresh Corn and Quinoa Cakes with Assorted Toppings  
Sweet Potato-Black Bean Empanadas with Quinoa Crusts  
Quinoa Chive and Cheese Straws  
Easy, Crispy Quinoa-Crusted Shrimp with Arugula and Lemon Aioli  
Curried Quinoa Canapés with Ginger-Carrot Butter  
Crisp Wonton Cups with Quinoa, Smoked Salmon and Avocado  
Easy Quinoa Potstickers with Soy-Scallion Dipping Sauce  
Indian-Spiced Lentil, Quinoa and Spinach Cakes with Spicy-Sweet Dipping Sauce  
Quinoa Cheese and Beer Puffs

Easy Fig and Blue Cheese Tart with Quinoa Crust  
Quinoa Blini with Smoked Salmon and Greek Yogurt  
Crisp Quinoa Oatcakes with Goat Cheese and Fig Topping

## Soups, Stews and Chilis

Quinoa-Kale Minestrone  
Butternut Squash-Quinoa Bisque  
Quinoa Noodle Soup with Shiitakes and Spinach  
Chicken Vegetable Quinoa Soup  
Coconut Pumpkin Curry Soup  
Quinoa Soup au Pistou  
Rustic Beef and Quinoa Soup  
Tuscan White Bean-Quinoa Soup  
Tomato-Quinoa Soup with Pesto  
Winter Lentil and Quinoa Soup  
Thai Coconut-Quinoa Soup  
Spicy Black Bean-Quinoa Soup  
Peasant Soup with Broccoli Rabe, Quinoa and Cannellini  
French Onion Quinoa Soup  
Winter Squash Soup with Quinoa, Kale and Bacon  
Miso Soup with Quinoa, Tofu and Vegetables  
Smoky Corn and Quinoa Chowder  
Peruvian Chicken-Vegetable Soup  
Hot and Sour Salmon-Quinoa Soup  
Quinoa Harira (Moroccan Quinoa, Chickpea and Lentil Soup)  
Quinoa Pozole  
Curried Lentil Quinoa and Spinach Soup  
West African Spicy Quinoa, Chicken and Peanut Soup  
Holishke (Stuffed Cabbage), Pork and Quinoa Soup  
Sausage, Kale and Quinoa Soup  
Tortilla Soup with Black Beans  
Creamy Broccoli-Quinoa Soup  
White Bean Soup with Collards and Quinoa  
Asian Seared Beef and Quinoa Soup  
Late Summer Vegetable, Basil and Quinoa Soup  
Salmon-Quinoa Chowder  
Edamame, Corn and Quinoa Chowder  
Chipotle Vegetable-Quinoa Soup with Black Beans and Lime  
Quinoa Caldo Verde  
Roasted Eggplant, Quinoa and Chickpea Soup  
Mushroom Quinoa Soup  
Gaeng Khae (Spicy Thai Quinoa and Vegetable Soup)

*continued inside...*

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Robert  
**ROSE**

# 500 Best Quinoa Recipes



Using nature's superfood for gluten-free  
breakfasts, mains, desserts and more

Camilla V. Saulsbury

# Warm Butternut Squash-Quinoa Salad with Crispy Chickpeas

**Makes  
6 servings**

*This gorgeous, festive salad makes a perfect side dish for a special occasion — or a terrific vegetarian dinner any night of the week.*

## Tips

For convenience, look for bags of diced peeled butternut squash in the produce section. They are typically sold in 12-oz (375 g) packages. Two packages may be used in place of the butternut squash in the recipe.

If garam masala is not available, use a combination of ½ tsp (2 mL) ground coriander, ¼ tsp (1 mL) ground cinnamon, ¼ tsp (1 mL) ground cumin and ⅓ tsp (0.5 mL) ground cloves.

## Variation

Use an equal amount of diced peeled sweet potatoes in place of the butternut squash.

### • Preheat oven to 400°F (200°C)

1	large butternut squash, peeled, seeded and cut into 1-inch (2.5 cm) dice	1
1	can (15 oz) chickpeas, drained, rinsed and dried with paper towels	1
3 tbsp	extra-virgin olive oil, divided use	45 mL
2 tsp	mild curry powder	10 mL
1½ tsp	garam masala	7 mL
1 cup	red or white quinoa	250 mL
2 tbsp	fresh lemon juice, divided	25 mL
1 cup	plain nonfat yogurt	250 mL
½ cup	fresh mint leaves, chopped	125 mL
1 tbsp	orange zest	15 mL
¼ cup	fresh orange juice	60 mL
⅔ cup	dried cranberries	150 mL
4 cups	packed baby arugula leaves	1 L

1. In a large bowl, toss butternut squash with chickpeas, 2 tbsp (30 mL) oil, curry and garam masala; season with salt and pepper. Spread on large rimmed baking sheet and roast 35 to 40 minutes, stirring occasionally, until squash is tender and chickpeas are crispy.
2. Meanwhile, in a medium saucepan, combine quinoa and 2 cups (500 mL) water. Bring to a boil over medium-high heat. Reduce heat to low, cover and simmer for 12–15 minutes or until water is absorbed. Transfer to large bowl and fluff with a fork. Cool.
3. In a small bowl, combine 1 tbsp (15 mL) lemon juice with the yogurt.
4. To the quinoa, add mint, orange zest, orange juice, cranberries, squash, chickpeas, remaining lemon juice, and remaining olive oil, tossing to combine; season with salt and pepper to taste.
5. Arrange arugula leaves over large rimmed platter. Spoon the squash-quinoa mixture on top and drizzle with some of the yogurt, serving the rest on the side.

Spiced Beef and Quinoa Cornbread Cobbler  
White Fish and Quinoa in Tomato-Saffron Broth  
Unstuffed Beef and Quinoa Cabbage  
Beef, Shrimp and Mushroom Quinoa "Risotto"  
Chicken with Coconut Quinoa, Edamame and Mango Salsa  
Paprika Shrimp with Toasted Quinoa  
Arctic Char with Quinoa and Basil Vinaigrette  
Quinoa-Crusted Fish and Chips  
Chicken Quinoa Stir-Fry with Peanut Sauce  
Quinoa Cornbread and Beef Skillet Pie  
Quinoa Noodle Bowls with Steak and Snow Peas  
Quinoa, Skirt Steak and Bok Choy Stir-Fry  
Southwestern Quinoa Meatloaf Burgers  
Chicken with Quinoa and Artichokes  
Chicken and Quinoa Dumplings  
Lean Beef and Quinoa Burgers with Barbecued Onions  
Loaded Beef and Quinoa Burritos  
Greek Spiced Baked Shrimp and Quinoa  
Malaysian Chicken-Quinoa Curry  
Quinoa-Sausage Meatballs with Chunky Tomato Sauce  
Quinoa Stir-Fry with Chicken and Vegetables  
Chicken-Quinoa Casserole with Mushrooms and Spinach  
Saffron Chicken and Quinoa with Dates  
Quinoa-Lamb Meatballs in Spiced Tomato Sauce  
Cajun Shrimp and Quinoa  
Rosemary Shrimp and Quinoa Scampi  
Smoky Shrimp, Chicken and Quinoa Gumbo  
Grilled Skirt Steak with Horseradish and Tomato Salad  
Pork and Asparagus Quinoa Bowl  
Roasted Salmon-Quinoa Chirashi (Japanese Salmon Bowls)  
Italian-Style Meatloaf (with Beef, Pork and Quinoa)  
Beef and Quinoa Picadillo  
Chinese Quinoa with Five-Spice Pork  
Italian Sausage and Swiss Chard Quinoa  
Quinoa Tamale Pie  
Parmesan Quinoa with Spicy Sausage Ragoût  
Shrimp and Sausage Quinoa Gumbo  
Quinoa-Crusted Salmon with Mango Salsa  
Fresh Ginger Salmon and Quinoa in Parchment  
Quinoa with Prosciutto, Leeks and Peas  
Italian Sausage and Swiss Chard Quinoa  
Quinoa, Mushroom and Ham Bake  
Quick Moroccan Beef Tagine with Dried Fruit Quinoa  
Apple and Spiced Pork Quinoa  
Farmhouse Ham and Fresh Herb Quinoa  
Chicken-Apple Sausage and Fennel Quinoa Casserole

### Breads, Muffins and Scones

Quinoa Blueberry Muffins  
Double Quinoa-Raisin Muffins  
Quinoa Walnut Date Muffins

Quinoa Muesli Muffins  
Cinnamon Roll Quinoa Muffins  
Fresh Apple Quinoa Muffins  
Morning Glory Quinoa Muffins  
Spiced Quinoa Jam Muffins  
Banana Flax Quinoa Muffins  
Carob-Quinoa Muffins  
Health Nut Quinoa Muffins  
Vanilla Yogurt Quinoa Muffins  
Four-Grain Fruit Muffins  
Nut Butter Quinoa Muffins  
Almond Poppy Seed Quinoa Muffins  
Salsa Quinoa Muffins  
Roasted Pepper, Feta and Quinoa Muffins  
Quinoa Mushroom Muffins  
Cottage Cheese Quinoa Muffins  
Parmesan Quinoa Supper Muffins  
Hot Cross Quinoa Buns  
Cranberry-Orange Quinoa Scones  
Ginger-Cardamom Quinoa Scones  
Maple Quinoa Scones  
Pumpkin Spice Quinoa Scones  
Double-Cheese Quinoa Scones  
Gingerbread Quinoa Scones with Lemon Glaze  
Scottish Oat and Quinoa Scones  
Baked Quinoa Donuts  
Quinoa Buttermilk Biscuits  
Sweet Potato-Quinoa Biscuits  
Seeded Quinoa-Cornmeal Biscuits  
Cheddar, Corn and Quinoa Spoon Bread  
Herbed Quinoa Drop Biscuits  
Pumpkin Quinoa Biscuits  
Seeded Baking Powder Quinoa Breadsticks  
Seeded Quinoa-Flax Loaves  
Fresh Ginger-Quinoa Loaf  
Spiced Pumpkin Quinoa Bread  
Banana-Quinoa Bread  
Cinnamon Applesauce Quinoa Bread  
Zucchini Quinoa Bread  
Honey-Cranberry Quinoa Bread  
Citrus Ricotta Quinoa Bread  
Cinnamon Raisin Quinoa Bread  
Rosemary Quinoa Bread  
Fig, Date and Walnut Quinoa Bread  
Carrot-Quinoa Bread  
Maple Quinoa Bread  
Quinoa Cornbread  
Baking Powder Quinoa Pizza Crust  
Yeast-Free Quinoa Focaccia  
Multigrain Quinoa Bread  
Quinoa Irish Soda Bread  
Dilled Quinoa Beer Bread  
Pesto-Parmesan Quinoa Bread  
Toasted Cumin-Quinoa Bread  
Leek and Toasted Walnut Quinoa Loaves  
Roasted Red Pepper Cheese Bread  
Mediterranean Quinoa Bread  
Onion-Walnut Quinoa Bread  
Fresh Herb Quinoa Bread  
Sun-Dried Tomato Spinach Quinoa Bread

### Desserts

Quinoa-Cashew Cream Puffs  
Quinoa-Almond Pudding with Dried Apricots

Maple-Baked Apples with Quinoa-Cranberry Stuffing  
Exotic Spice Quinoa Cookies  
Double-Chocolate Quinoa-Pecan Cookies  
Double-Quinoa Cranberry Cookies  
Quinoa Chocolate Chip Cookies  
Oatmeal-Quinoa Cookies  
Double-Ginger Quinoa Cookies  
Quinoa Jam Thumbprints  
Old-Fashioned Quinoa-Molasses Cookies  
Quinoa Sugar Cookies  
Maple-Quinoa Cutout Cookies  
Swedish Quinoa-Cardamom Meltaways  
Cranberry Quinoa Streusel Bars  
Crunchy Sesame-Quinoa Cookies  
Quinoa Date Bars  
Cashew-Quinoa Bars  
Mocha Quinoa Crinkles  
Quinoa-Olive Oil Biscotti  
Double-Coconut Quinoa Biscotti  
Banana-Pecan Quinoa Biscotti  
Anzac Quinoa Cookies  
Chocolate-Hazelnut Quinoa Pudding  
Creamy Vanilla Quinoa Pudding  
Toasted Coconut Quinoa Pudding  
Olive Oil-Quinoa Cake with Dried Cherries  
Skillet Blackberry Quinoa Cobbler  
Quinoa Dessert Crêpes  
Buttermilk-Quinoa Biscuit Peach Cobbler  
Berry Quinoa Crumble  
Cherry-Quinoa Clafouti  
Apple Pandowdy  
Blueberry-Buttermilk Pudding Cake  
Easy Ginger-Pumpkin Soufflés  
Strawberries on the Bottom Quinoa Puddings  
Plum Crisp with Quinoa-Almond Topping  
Neapolitan Ricotta and Quinoa "Pie"  
Quinoa Pie Crust  
Quinoa Tart Crust  
New Classic Apple Crumble Pie  
Maple-Pumpkin Pie  
Enlightened Chocolate Cream Pie  
Fresh Fruit Tart with Quinoa Crust  
Cashew Cream Tart with Fresh Berries and Quinoa Crust  
Old-Fashioned Apple Quinoa Cake  
Brown Sugar-Quinoa Angel Food Cake  
Quinoa Yellow Cake  
Quinoa Jam Crumb Cake  
Quinoa Gingerbread  
Molten Bittersweet Chocolate Cakes  
Honey-Spice Quinoa Cake  
Quinoa Carrot Cake  
Quinoa Chocolate Wacky Cake  
Mixed Berry Quinoa Spoon Cake  
Quinoa Mocha Pudding Cake  
Black and White Quinoa Cake  
Blueberry Pecan Quinoa Cake  
Toasted Walnut Quinoa Cake  
Banana Quinoa Cake with Dark Chocolate Chunks  
Rosemary-Olive Oil Quinoa Cake with Easy Orange Compote

*continued from back cover*

Smoky Quinoa–Split Pea Soup  
Columbian Chicken and Lime Quinoa Soup (Ajiaco)  
Greek Quinoa Avgolemono Soup  
Chicken Stew with Quinoa Dumplings  
Farmers’ Market Quinoa Chowder  
Root Vegetable–Quinoa Chowder with Collard Ribbons  
Mediterranean Quinoa Stew  
Quinoa Chicken Stew with Olives and Golden Raisins  
Edamame, Quinoa and Butternut Zosui  
Irish Lager Stew with Quinoa, New Potatoes and Bacon  
Roasted Butternut Squash, Apple and Quinoa Stew  
Rustic Quinoa, Mushroom and Kale Stew  
Spicy Cauliflower, Spinach and Chickpea Stew with Minted Quinoa  
South American Squash Stew with Quinoa and Queso Blanco  
Thai Red Curry Fish Stew  
Brazilian Fish and Quinoa Stew  
Mediterranean Seafood and Quinoa Stew  
Chipotle Beef, Beer and Quinoa Chili  
Black Bean, Quinoa and Sweet Potato Chili  
Moroccan Quinoa Vegetable Chili  
Smoked Paprika Chili with Chicken and Quinoa  
Spicy Vegetarian Quinoa Chili  
Chili Verde with Pork, Hominy and Quinoa  
Ultimate Vegan Chili with Quinoa and Mushrooms  
Quick Quinoa Jambalaya  
Shrimp, Okra, and Quinoa Gumbo  
Quinoa Scotch Broth  
Mexican Meatball and Quinoa Soup with Cilantro

### Salads and Side Dishes

Warm Butternut Squash–Quinoa Salad with Crispy Chickpeas  
Quinoa Salad with Goat Cheese and Watercress  
Moroccan Roasted Carrot-Quinoa Salad  
Quinoa, Asparagus and Sugar Snap Pea Salad  
Greek Shrimp, Quinoa and Cucumber Salad  
Quinoa-Pomegranate Salad with Almonds and Mint  
Thai Quinoa Salad with Mango and Coconut  
Shredded Brussels Sprouts and Quinoa Sprouts Salad  
Sweet Potato, Quinoa and Arugula Salad  
Watercress, Orange and Quinoa Salad  
Chicken-Quinoa Salad with Grapes  
Persian Quinoa-Red Lentil Salad  
Spinach-Quinoa Salad with Cherries and Almonds  
Cumin-Quinoa Salad with Mango and Jicama  
Sesame-Soy Snow Pea and Quinoa Salad  
Quinoa Salad with Grapes and Feta  
Quinoa Tabbouleh  
Easy Asian Chicken-Quinoa Salad  
Antipasti Quinoa Salad  
Greek Shrimp, Quinoa and Cucumber Salad

Broccoli-Quinoa Salad with Sesame-Peanut Dressing  
Shredded Kale Salad with Toasted Quinoa  
Red Cabbage–Apple Salad with Maple Quinoa Crunch  
Five-Seed Salad  
Apricot-Quinoa Salad with Lemon Dressing  
Quinoa, Radicchio and Roasted Beet Salad  
Watercress, Sunflower Seed and Quinoa Salad  
Quinoa with Brussels Sprouts, Spinach and Edamame  
Quinoa and Mushroom Dressing  
Quinoa, Mint and Pecan Salad  
Black Bean, Quinoa and Corn Salad with Lime Dressing  
Chicken Quinoa Salad with Green Beans and Goat Cheese  
Quinoa Salad with Green Olives, Herbs and Golden Raisins  
Grilled Portobello Salad with Quinoa and Quinoa Sprouts  
Curried Quinoa-Mango Salad  
Eggplant-Quinoa Salad with Olives and Basil  
Arugula-Quinoa Salad with Dates and Goat Cheese  
Quinoa, Watermelon and Feta Salad  
Quinoa and Pesto Salad with Cherry Tomatoes  
Quinoa, Cranberry and Sugar Snap Pea Salad  
Vietnamese Chicken and Quinoa Salad  
Quinoa, Goat Cheese and Pear Salad  
Herbed Quinoa with Almonds  
Quinoa, Cranberry and Rosemary Dressing  
Quinoa, Apricot and Pecan Pilaf  
Spring Quinoa with Peas, Mint and Almonds  
Quinoa with Acorn Squash and Kale  
Jeweled Quinoa with Persian Spices  
Quinoa with Roasted Cauliflower and Apples  
Roasted Tomato Quinoa with Olives and Arugula  
Pumpkin-Quinoa Casserole  
Autumn Vegetable–Quinoa Gratin  
Quinoa with Fennel and Golden Raisins  
Fresh Ginger-Cilantro Quinoa

### Meatless Entrées

Quinoa Chile Rellenos  
Stir-Fried Quinoa with Edamame, Mushrooms and Cashews  
Asparagus-Tofu Stir-Fry with Sesame Quinoa  
Quinoa with Swiss Chard, Chickpeas and Feta  
Quinoa Skillet Supper with Mushrooms and Sweet Potatoes  
Roasted Miso Vegetables with Sesame-Scallion Quinoa  
Quinoa Salad-Stuffed Pitas  
Ham, Asparagus and Egg-Fried Quinoa  
Cheese and Quinoa Enchiladas  
Stir-Fried Ginger Quinoa with Pineapple and Peanuts  
Red Lentil-Quinoa Cakes with Quick Tomato Salsa  
Roasted Vegetable–Quinoa Shepherd’s Pie  
Broccoli, Quinoa and Cheese Casserole  
Quinoa, Ricotta and Spinach–Stuffed Shells  
Quinoa-Mushroom Burgers

Sweet Potato Tofu Quinoa Burgers  
Quinoa Garden Burgers  
Quinoa, Potato and Cheese Croquettes with Quick Chunky Tomato Sauce  
Red Lentil–Quinoa Cakes with Tomato-Basil Salsa  
Black Bean–Quinoa Quesadillas  
Quinoa Cacciatore with Cremini Mushrooms  
Goat Cheese–Scallion Quiche with Quinoa Crust  
Quinoa-Chickpea Tagine  
Quinoa Sloppy Joes  
Quinoa Bolognese  
Roasted Ratatouille and Parsley Quinoa  
Quinoa Kofte  
Quinoa, Tempeh and Bok Choy Skillet Supper  
Quick Moroccan Tagine with Quinoa  
Eggplant Masala with Cilantro-Mint Quinoa  
Mushroom-Quinoa Shepherd’s Pie  
Indian Samosa Casserole Pie  
Zucchini-Quinoa Lasagna  
Quinoa Chilaquiles  
Leek, Quinoa and Sweet Potato Gratin  
Butternut Squash Quinoa with Cashews and Herbs  
Quinoa “Risotto” Primavera  
Quinoa, Cheese and Onion Supper Soufflés  
Quinoa with White Beans, Greens and Lemon  
Roasted Eggplant and Peppers Quinoa with Pine Nuts  
Baked Quinoa with Ricotta and Greens  
Mushroom-Asiago Quinoa Bake  
Crispy Quinoa Tacos  
Goat Cheese and Quinoa Soft Tacos  
Quinoa Peperonata  
Quinoa with Mushrooms, Kale and Miso  
Zucchini with Quinoa Stuffing  
Quinoa and Cheese Gratin  
Lime and Cumin–Scented Quinoa and Black Beans  
Quinoa–Black Bean Burritos  
Grilled Vegetables with Sesame-Scallion Quinoa and Miso Sauce  
Quinoa Salad–Stuffed Pitas  
Quick Southwestern Quinoa Skillet  
Quinoa, Tempeh and Bok Choy Skillet Supper  
Quick North African Tagine with Quinoa  
Quinoa, Mushroom and Leek Strudels  
Eggplant Masala with Cilantro-Mint Quinoa  
Quinoa, Cheese and Onion Soufflés  
Quinoa with Cannellini, Arugula and Toasted Walnuts  
Three-Cheese Sun-Dried Tomato Quinoa Casserole  
Eggplant and Quinoa Parmesan  
Quinoa Cakes with Roasted Vegetable Ragù  
Sesame-Peanut Quinoa with Bok Choy

### Lean Chicken, Meat and Fish Entrées

Shrimp and Quinoa Paella  
Spaghetti Squash with Turkey-Quinoa Meatballs  
Quinoa Chicken Tenders with Herbed Buttermilk Dipping Sauce



# Skirt Steak with Horseradish-Tomato Quinoa Salad

**Makes  
4 servings**

*Juicy, delicious and quick-to-cook skirt steak is the lynchpin for this beautiful and hearty quinoa salad. The dressing gets a tantalizing kick from horseradish, matched by the peppery freshness of watercress.*

## Tips

Top sirloin, flank steak or eye of round may be used in place of the skirt steak.

Snow peas may be used in place of the sugar snap peas.

Sugar snap peas need to have the strings removed before they are eaten, cooked or raw. The string runs around both sides of the pod. It is easiest to start from the bottom tip and pull the string up the front, then snap the stem off and pull the string down the back of the pod.

1 cup	quinoa	250 mL
4 tbsp	extra-virgin olive oil, divided	60 mL
2 tbsp	prepared horseradish	45 mL
1½ tbsp	white wine vinegar	22 mL
3	cloves garlic, mashed	3
8 oz	sugar snap peas, strings removed	250 g
2 cups	grape or cherry tomatoes, halved	500 mL
4 cups	tender watercress sprigs	1 L
1 lb	skirt steak, cut into 4 pieces	500 g

1. In a large saucepan of salted, boiling water, cook the quinoa 13 to 15 minutes until tender. Add the peas to water during final minute of cooking. Drain, then rinse under cold water until cool. Transfer to a large bowl.
2. In a small bowl, whisk 3 tbsp (45 mL) oil, horseradish, vinegar, and garlic until blended; season with salt and pepper to taste. Reserve 1 tbsp (15 mL) dressing. Add to quinoa-pea mixture along with tomatoes and watercress.
3. Heat remaining oil in heavy large nonstick skillet over high heat. Sprinkle skirt steak with salt and pepper. Sear skirt steak until crusty and medium-rare, 3 to 4 minutes per side. Transfer steak to cutting board and let rest 5 minutes. Thinly slice steak on slight diagonal across grain.
4. Divide salad among 4 plates. Top with steak slices and drizzle with reserved dressing. Serve with remaining dressing alongside.

