

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Curried Quinoa Salad w/ Dried Cranberries & Toasted Almonds

This is certainly one of my all-time favorite salads—high in both nutrition and flavor. Curried Quinoa Salad is a great dish for traveling, picnics, weekday lunch and even breakfast. If you happen to have any preserved lemons in your fridge, they'll add an additional burst of flavor.

Makes 12 cups

2 cups quinoa (uncooked)
¾ cup blanched slivered almonds
3 cup grated carrots
2 cup finely chopped parsley
1 cup dried cranberries (fruit sweetened)
¾ cup thinly sliced scallions
2 tablespoons rinsed and finely minced peel of a preserved lemon (optional)

Curry Dressing:

1 cup plain nonfat yoghurt
1 tablespoon plus 1 teaspoon curry powder
1 tablespoon plus 1 teaspoon white wine vinegar
1 ½ teaspoons sea salt
Twenty twists freshly ground black pepper
1 cup extra virgin olive oil

Cook the quinoa according to the recipe above, then spread it out on a cookie sheet to cool quickly.

While the quinoa is cooking, toast the almonds in a 350 degree oven for 7 minutes until golden and fragrant. Set aside to cool.

Prepare the Salad Ingredients & Curry Dressing

Grate the carrots, chop the parsley, lightly chop the cranberries and thinly slice the scallions. Place all together in a large bowl.

If you've used the food processor to grate the carrots and chop the parsley, then go ahead and prepare the dressing in the food processor also. Otherwise, use either a blender or a food processor.

Put all the ingredients except for the oil in the food processor or blender and process until smooth. While the machine is running, slowly pour in the olive oil until the dressing comes together.

When the quinoa is cool, stir it into the bowl with the vegetables mixture. Gently stir in the dressing. Season the salad to taste with additional salt and pepper, as needed.

Notes: for crisper almonds, add them to the salad just before serving.

The dressing will vary in color and flavor depending on the curry powder you use. I use a combination of [Penzeys](#) Sweet Curry Powder (1 tablespoon) and their Maharajah Style Curry Powder (1 teaspoon).