

Total Time:
2 hr 55 min
Prep: 15 min
Inactive: 2 hr 25 min
Cook: 15 min

Yield: 6 servings
Level: Easy

NUTRITION INFO

HEALTHY

NEXT RECIPE



PREV RECIPE (/RECIPES/FOOD-NETWORK-KITCHENS/GREEK-QUINOA-SALAD.HTML)

Quinoa Salad with Apricots, Basil and Pistachios

Ingredients

- ✓ 1 cup quinoa, rinsed and strained
- ✓ 2 1/2 tablespoons extra-virgin olive oil

Directions

Bring 2 cups water to a boil in a small saucepan (<http://www.foodterms.com/encyclopedia/saucepan/>) over high heat. Stir in the quinoa. Cover, reduce the heat to low and cook until the liquid is just absorbed

<http://www.foodnetwork.com/recipes/food-network-kitchens/quinoa-salad-with-apricots-basil-and-pistachios.html>

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Quinoa Salad with Apricots, Basil and Pistachios Recipe : Food Net

Double the fruit or raisins - Incl. raisins for color...

- ✓ 12 dried apricots, finely diced, or 1/2 cup packed golden seedless raisins
- ✓ Kosher salt and freshly ground black pepper
- ✓ 5 cups packed baby arugula (about 5 ounces)
- ✓ 1/4 cup thinly sliced fresh basil
- ✓ Juice of 1 large lemon (about 1/4 cup)
- ✓ 1/2 cup shelled lightly salted pistachios
- ✓ 3 ounces soft goat cheese, crumbled

and the quinoa is moist and nearly tender, about 15 minutes.

Transfer the quinoa to a large bowl and immediately stir in the oil, apricots, 1 1/4 teaspoons salt and 3/4 teaspoon pepper. Set aside to cool slightly, about 20 minutes, stirring a couple times. Refrigerate until chilled, at least 2 hours.

When the quinoa is cool and ready to serve, stir in the arugula, basil (<http://www.foodterms.com/encyclopedia/basil/index.html>) lemon juice (<http://www.foodterms.com/encyclopedia/lemon/index.html>) and pistachios. Add salt and pepper to taste. Sprinkle with the goat cheese and serve.

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