



Unusual Grains

CURRIED QUINOA AND LENTIL SALAD

Quinoa (pronounced KEEN-wah) is an ancient nutritious grain.

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| 3 1/4 cups (800 mL) water | 2 tbsp (25 mL) water |
| 2 tsp (10 mL) curry powder | 2 tsp (10 mL) curry powder |
| 1/2 tsp (2 mL) salt | 1/2 tsp (2 mL) salt |
| 1 cup (250 mL) quinoa, thoroughly rinsed and drained | 1/8 tsp (0.5 mL) cayenne pepper |
| 1/2 cup (125 mL) dried red lentils, rinsed and drained | 2 tbsp (25 mL) oil |
| 1/4 cup (50 mL) white wine vinegar | 1/4 cup (50 mL) thinly sliced green onion |
| 2 tbsp (25 mL) tomato paste | 4 cups (1 L) torn young Swiss chard leaves or baby spinach |

Combine 3 1/4 cups (800 mL) water, 2 tsp (10 mL) curry powder and 1/2 tsp (2 mL) salt in a large saucepan. Bring to a boil over medium heat. Stir in quinoa and lentils; return to a boil. Reduce heat; cover and simmer for 20 minutes. Remove from heat and let stand for 15 minutes. Transfer quinoa mixture to a bowl and fluff with a fork. Cool to room temperature. Meanwhile, to prepare dressing, whisk together next 6 ingredients (vinegar through cayenne pepper) until combined. Gradually whisk in oil until blended. Stir in green onion. Add dressing and Swiss chard to quinoa mixture and toss to combine. Serve immediately. Serves 6.

Cook's Note: *The outer hull of quinoa contains a bitter resin called saponin. Quinoa must be rinsed thoroughly before cooking in order to remove this bitter coating.*

COUSCOUS SALAD WITH OLIVES AND SPINACH

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| 1 1/4 cups (300 mL) canned chicken broth | 4 cups (1 L) baby spinach |
| 1 cup (250 mL) couscous | 1 cup (250 mL) halved grape tomatoes |
| 2 tbsp (25 mL) balsamic vinegar | 2/3 cup (150 mL) crumbled feta cheese |
| 2 tbsp (25 mL) oil | 1/3 cup (75 mL) sliced green olives |
| 1/4 tsp (1 mL) salt | 1/4 cup (50 mL) slivered fresh mint |
| 1/4 tsp (1 mL) freshly ground pepper | |

Bring broth to a boil in a medium saucepan over medium heat. Stir in couscous. Remove from heat; cover and let stand for 5 minutes. Transfer couscous to a bowl and fluff with a fork. Cool to room temperature. Meanwhile, to prepare dressing, whisk together vinegar, oil, salt and pepper until blended. Add spinach, tomatoes, cheese, olives and mint to couscous. Add dressing and toss to combine. Serve immediately. Serves 4 - 6.

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MEDITERRANEAN BULGUR SALAD

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| 1 cup (250 mL) fine bulgur | 1 clove garlic, crushed |
| 1/2 tsp (2 mL) salt | 1/4 cup (50 mL) olive oil |
| 1 1/4 cups (300 mL) very hot water | 4 cups (1 L) coarsely chopped romaine lettuce |
| 1/4 cup (50 mL) fresh lemon juice | 1 1/3 cups (325 mL) diced seeded English cucumber |
| 2 tbsp (25 mL) chopped fresh oregano | 1/2 cup (125 mL) crumbled feta cheese |
| 1 tbsp (15 mL) chopped drained capers | 1/4 cup (50 mL) chopped red onion |
| 1/4 tsp (1 mL) freshly ground pepper | 1/4 cup (50 mL) chopped pitted kalamata olives |

Combine bulgur and salt in a bowl. Stir in hot water. Cover bowl with plastic wrap. Let stand until water is absorbed and bulgur is tender, about 20 minutes; set aside. Meanwhile, to prepare dressing, whisk together lemon juice, oregano, capers, pepper and garlic until combined. Gradually whisk in oil until blended. Combine bulgur, lettuce, cucumber, cheese, onion and olives in a bowl. Add dressing and toss to combine. Serve immediately. Serves 6 - 8.