

## Quinoa Salad

This salad involves several steps and ingredients. The final entrée is phenomenal and worth the time. There are 4 recipes involved in this gourmet salad. I have adapted this after dining at the Cheese Factory Restaurant in Lake Delton, WI. The chef shared her suggested steps for home prep using their cookbook. Hats off to chef, "Sage"!

### **Grilled Tofu-**

Using a block of Extra Firm Tofu (first rinse and squeeze dry), fry in a pan of olive oil or as I did, rub olive oil onto the block of tofu and fry it in the George Foreman. Place the block in a zip lock bag with the following items to marinate it for at least an hour-

½ C. Extra Virgin Olive Oil

¼ C. Balsamic Vinegar

2 T. Lemon Juice

1 T. Rosemary (I always rug the dries herbs in the palm of my hand to release their aroma)

1 tsp. ground Cumin

1 T. Oregano

1 tsp. dried mint or ¼ C. fresh chopped mint

1 T. salt

1 Tsp. ground pepper (optional for those who chose not to cook with pepper)

After marinating, grill the block of Tofu on the open flame grill. Grill each side of the block to form a nice solid block. This block will be cut into cubes for the salad, by slicing through the center first then into 3 fingers and then square cubes.

### **Grilled Vegetables-**

Fresh Broccoli and cauliflower Floweret's sliced and zucchini slices quartered or halved to make equal sized as the other vegetables. Spray the George Foreman surface with EVOO. Place the vegetables on the grill surface. Spray with EVOO and sprinkle with lemon juice, Oregano and Rosemary. Close the lid and grill. Turn the vegetables over and sprinkle with the lemon juice and herbs. When done cooking place on a plate and set aside at room temperature.

**Quinoa-** This can be found in the Health Food section of your grocery store. I choose the "Inca Red".

It is a highly nutritious grain that looks like couscous. It makes a delicious chilled grain salad. It can be prepared ahead of time up to 5 days. To serve on this salad, serve at room temperature. Follow the directions on the box using 1 T. of vegetarian chicken-flavored powder added to the water. The quinoa takes approx. 30-40 minutes to cook. It will have a chewy texture (like bulgar) and the nutty flavor is wonderful.

**Honey Dijon Dressing** by T. Marzetti (no preservatives found in the cooler by produce)- I use the store bought and thin it with water to make it a looser dressing.

**The Salad** – Create a bed of Spring Mix on the plate, top with Grilled Tofu cubes, Grilled medley of vegetables, Chicken-like flavored Quinoa, drizzle Honey Dijon dressing over all of the salad and top with fresh sunflower seeds. The presentation of this dish with all of the colors and flavor is a complete meal with its grains, protein, vegetables and flavor to compliment them all.