

## QUINOA & HERB SALAD

MAKES ABOUT 5 CUPS

1 c quinoa  
12 oz jicama, peeled & cubed  
4 green onions, finely chopped  
1 shallot, finely minced  
Half of a red onion, finely minced  
One 15-oz can black beans, drained & rinsed  
2 Tbsp finely chopped fresh mint

¼ c fresh cilantro, finely chopped  
½ c fresh parsley, finely chopped  
1 tsp harissa  
1 tsp brown sugar  
juice of 2 limes  
good quality olive oil  
salt & pepper

over please 🍴 🍷

Pour dry quinoa into a large flat skillet and toast gently over a low flame, stirring until a nice toasty brown, about 7 – 10 minutes. Pour into a fine-mesh strainer and rinse well. Dump into a 4-quart saucepan and add 2 cups water and a pinch of salt. Bring to a boil, then reduce heat and simmer, covered, for 15 – 20 minutes. Remove from stovetop to cool. Transfer to a large mixing bowl. Add the jicama, green onion, shallots, red onion, black beans, mint, cilantro, parsley, and harissa. Toss well. In a jar, combine the lime juice with an equal amount of olive oil and the brown sugar, and shake until well mixed. Toss with the salad. Adjust to taste with salt and pepper. For the best flavor, leave overnight in the refrigerator.