

Warm Quinoa Salad with Toasted Almonds

Mary Hosier, Cosmopolitan 2/9/12

Quinoa is often called a supergrain. Because it contains all 8 essential amino acids, it is considered a complete protein. It has a delicate flavor, but some people don't care for it because they find it has a bitter aftertaste. Toasting quinoa helps reduce the bitterness and bring out its tasty nutty flavor. Look for it in health food stores and some supermarkets.

Nutritional Information (*per serving*) Calories **305**, Total Fat 7g, Saturated Fat 1g, Cholesterol **0**, Sodium 460mg, Total Carbohydrate 38g, Dietary Fiber 4g, Sugars --, Protein 9g, Calcium -

User Rating: 5 stars Yields: 5 side-dish servings

Total Time: 30 min Prep Time: 5 min Cook Time: 25 min

- 1 1/2 cup(s) quinoa
- 2 1/2 cup(s) (plus 1 tablespoon) water
- 1/2 teaspoon(s) salt
- 2 tablespoon(s) reduced-sodium soy sauce
- 1 tablespoon(s) rice vinegar
- 1 teaspoon(s) Asian sesame oil
- 1 teaspoon(s) grated peeled fresh ginger
- 2 green onions, thinly sliced diagonally
- 1/4 cup(s) sliced natural almonds, toasted

In 12-inch skillet, toast quinoa on medium 5 minutes or until fragrant and golden, stirring frequently.

Stir 2 1/2 cups water and 1/2 teaspoon salt into toasted quinoa; heat to boiling on high. Reduce heat to low; cover and simmer 15 to 17 minutes or until all water is absorbed.

Meanwhile, in small bowl, stir together soy sauce, rice vinegar, oil, ginger, green onions, and remaining 1 tablespoon water.

Transfer quinoa to large serving bowl. Stir in soy sauce mixture until quinoa is evenly coated. Sprinkle with toasted almonds to serve.

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