

Quinoa-and-Apple Salad with Curry Dressing

Welcome autumn into your kitchen: Try new recipes for fall featuring the season's freshest crop of apples and root vegetables. This will help you maximize nutrients by eating fresh local produce ,while also keeping dinners exciting and new.

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I love this salad because it's rich with flavor as well as nutrients. Quinoa is packed with protein so this recipe makes a great vegetarian meal, or can serve as a side dish when paired with a lean healthy protein like organic chicken. And if you're busy like me, you'll love the fact that quinoa cooks fast and stays fresh in the refrigerator for three to four days.

- 1/4 cup raw whole almonds
- 1 cup white quinoa
- 1 teaspoon honey
- 1 tablespoon shallot, finely chopped
- 1 teaspoon curry powder
- 1/4 teaspoon coarse salt
- 2 tablespoons fresh lemon juice
- Freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons dried currants
- 1 small McIntosh apple, cut into 1/8-inch-thick wedges
- 1/4 cup loosely packed fresh mint leaves, coarsely chopped, plus more for garnish

Preheat oven to 375 degrees. Spread almonds on a rimmed baking

sheet; toast until lightly toasted and fragrant, about 7 minutes. Let cool; coarsely chop nuts.

Rinse quinoa thoroughly in a fine sieve; drain. Bring 2 cups water to a boil in a medium saucepan. Add quinoa; return to a boil. Stir quinoa, cover and reduce heat. Simmer until quinoa is tender but still chewy, about 15 minutes. Fluff quinoa with a fork and let cool.

Whisk together honey, shallot, curry powder, salt and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour in oil in a slow, steady stream; whisk until dressing is emulsified. Add quinoa, currants, apple, mint and nuts; toss well. Garnish with mint.

Source: MSL Cookbook Vol. 2; The New Classics

Per serving: 304 calories, 14g fat, 0mg cholesterol, 38g carbs, 154mg sodium, 8g protein, 5g fiber