

Quinoa Salad with Caramelized Onion and Granny Smith Apple

Quinoa is an excellent vegetable source of protein. It is a good source of fibre, minerals and is gluten-free. As a bonus, it is quick and easy to prepare. A very versatile grain that goes with just about anything.



Servings: 4
Prep Time: 30 Min.
Cook Time: 45 Min.

Ingredients:

- 2 cups water
- 1/2 cup quinoa
- 1/4 cup small pecan pieces
- 1 Tbsp. plus 1 tsp. olive oil, divided
- 1 cup finely chopped red onion, about 1 medium onion
- 1 cup finely chopped Granny Smith apple, peel on, about 1 medium apple
- 1/4 cup dried cranberries or cherries
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. granulated sugar or pourable sugar substitute
- 1/2 tsp. orange zest
- 1/4 tsp. salt
- 1/8 tsp. red pepper flakes

Preparation:

1. Bring water to boil in a medium pan over high heat. Add quinoa and return to a boil. Reduce heat and simmer, covered tightly, approx 10 min. or until liquid is absorbed. Drain in a fine-mesh sieve and run under cold water to cool quickly, shaking off excess liquid.
2. Meanwhile, heat a medium non-stick skillet over medium-high heat. Add nuts and cook 2-3 min. or until lightly browned, stirring frequently. Do not leave unattended as nuts will burn quickly. Remove from skillet and set aside.
3. Heat 1 tsp. olive oil in the skillet over medium-high heat, tilting to coat bottom lightly. Add onions and cook for about 5-8 minutes, stirring frequently, until onions become translucent and start to brown. (If onions start to burn, remove pan from burner and lower heat to medium low, then proceed.) Lower heat to medium-low heat and continue to cook, stirring occasionally, until onions are a deep, rich brown. This may take anywhere from 15-30 minutes. Remove from heat and set aside on a plate in a thin layer to cool quickly, 3 to 5 min.
4. Combine reserved 1 tablespoon olive oil, apple, cranberries, balsamic vinegar, sugar, orange zest, salt and red pepper flakes in a medium bowl. Add quinoa, onions, and nuts, tossing gently, yet thoroughly, until well blended.

Nutritional information: Serving size: 3/4 cup (175 ml) - Calories: 240; Total Fat: 11g; Saturated Fat: 1g; Cholesterol: 0mg; Total Carbs: 33g; Fibre: 4g; Protein: 4g; Sodium: 150mg; Vitamin C: 10% D.V.; Iron: 15% D.V.