

Orange Quinoa Salad with Almonds, Olives, and Feta

serves 6 as a side dish

the Quinoa

1 1/2 cups quinoa

1 1/2 cups water

1 teaspoon salt

Rinse quinoa in a fine mesh sieve. Place quinoa in pot. Add water and salt. Bring to a boil, cover, and reduce to a simmer. Cook 15 minutes or so until the water is absorbed. Remove lid, fluff with a fork, and allow to cool.

the Cauliflower

1 Tablespoon olive oil

1/2 onion, minced

1 cup cauliflower florets, chopped small

1/2 teaspoon salt

Heat oil in a pan over medium heat. Add onion and cook until translucent. Add cauliflower and 1/2 teaspoon salt. Saute 3 minutes or until cauliflower begins to soften. Reduce heat to medium low and cover. Cook until cauliflower is soft, but still has some bite to it, 7-10 minutes.

Putting it together

1/2 cup chopped kalamata olives

1/2 cup crumbled feta

zest from one satsuma

3 satsumas, segmented and diced (another type of orange would be ok here too!)

1/4 cup parsley, chopped

1/2 cup roasted almonds, chopped

Toss cooled quinoa, cauliflower mixture, and remaining ingredients together. Add salt and pepper to taste.

Serve with grilled meats or on its own as a light lunch.

Note: This dish can be made 1 day ahead. If making in advance, reserve the satsuma and feta and add at the last moment.