

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Delicious and Nutritious Meals: My Favorite Quinoa Salad

Objectives

- Practice cooking techniques: dicing, mixing, measuring, and boiling.
- Learn how to prepare a delicious and cost effective meal straight from your pantry.
- Experience a nutritious meal that is brag worthy!



Supplies/ Materials:

- ☐ Medium Sauce Pan
- ☐ Chef's knife
- ☐ Cutting board
- ☐ Spatula or large mixing spoon, whisk
- ☐ Mixing bowls
- ☐ Can opener
- ☐ Measuring spoons and cups
- ☐ Large bowl
- ☐ Stove top or standalone burner

Ingredients

PRODUCE:

- 1 can Chickpeas
- 1 Cucumber, medium
- 1 cup Flat-leaf parsley
- 2 green onions
- 1-2 cloves Garlic
- 1 Red bell pepper, medium
- 3/4 cup Red onion

PASTA & GRAINS:

- 1 cup Quinoa

CONDIMENTS & SPICES:

- ¼ cup Extra virgin olive oil
- ¼ cup Red wine or Apple cider vinegar
- ¼ tsp fine sea salt
- 2 tsp Dijon mustard
- 1 tbl Honey or Maple syrup
- Freshly ground black pepper to taste

Find this lesson on YouTube here:
youtu.be/xxx

ARTS FOR ALL

Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Preparation

Activity	Instructions
Kitchen Safety	<p>Wash hands with soap and warm water for 20 seconds.</p> <p>Dry hands and begin meal preparation.</p>
Time for "Mise En Place" (a French term that means "to put everything into place")	<p>Collect all cooking utensils/ingredients and arrange for optimal use.</p> <p>Thoroughly rinse quinoa in a fine mesh colander and vegetables, set aside.</p> <p>Rinse vegetables, set aside.</p>
Prepare Quinoa	<p>Combine the rinsed quinoa and water in a saucepan.</p> <p>Bring the mixture to a boil over medium-high heat, then decrease the heat a bit to maintain a gentle simmer.</p> <p>Cook until the quinoa has absorbed all of the water, about 10 to 20 minutes (small amounts of quinoa will be ready closer to 10 minutes; larger amounts between 15 to 20).</p> <p>Reduce heat as time goes on to maintain a gentle simmer.</p> <p>Remove the pot from heat, cover, and let the quinoa steam for 5 minutes.</p>
Prepare veggies and dressing	<p>While quinoa is cooking, cut veggies into a small/medium dice, set aside in large bowl.</p> <p>Add chickpeas into bowl with veggies.</p> <p>In a small bowl, combine the olive oil, dijon mustard, vinegar, honey, salt and pepper. Whisk until blended.</p> <p>Mince garlic and add to dressing, stir well to combine, then set aside.</p>
Dress salad	<p>Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the desired amount of dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary.</p>
*Additional chef's note	<p>For best flavor, let the salad rest for 5 to 10 minutes before serving.</p> <p>This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.</p>