

K's Kitchen: Grilled Quinoa Salad

By Kathryn Reed

I'm one of those fair-weather barbecuers. Love that the season is upon us.

This salad is so incredibly easy to assemble, colorful and healthy. Any vegetables you like will work well. It's not that they have to be grilled, but the flavor and charred look add so much.

It makes for a perfect entrée. It's also one of the salads that is served at room temp or warm as opposed to cold.

Plus, by using quinoa the protein is taken care of.



Grilled Quinoa Salad

1½ C quinoa

1 tsp kosher salt, plus more

¼ C olive oil, plus more

3 T fresh lemon juice

Fresh ground black pepper

1 bunch scallions

1 bunch asparagus

1 red pepper

1 pint cherry tomatoes

1 avocado, cut into 1-inch pieces

$\frac{1}{2}$ cup mint leaves

$\frac{1}{4}$ cup sunflower seeds

Sea salt

Cook quinoa.

Whisk oil and lemon juice in a small bowl. Pour over warm quinoa and toss to coat; season with salt and pepper.

Grill scallions, asparagus and pepper (halved) over medium-high grill. Grill tomatoes in a basket. Cook until done; should have char marks on veggies, including tomatoes splitting. Cut onions, asparagus and peppers into bite-size pieces.

Divide quinoa onto plates, add veggies. Then top with avocado, mint and sunflower seeds. Drizzle with oil and sprinkle with sea salt.