

Quinoa and Broccoli Spoon Salad

By Sohla El-Waylly

Total Time 30 minutes

Rating ★★★★★ (4,331)



David Malosh for The New York Times. Food Stylist: Simon Andrews.

This easy chopped salad fits loads of texture and flavor onto a spoon by combining finely chopped raw broccoli with chewy dried cranberries, crunchy pecans, fluffy quinoa and chunks of sharp Cheddar cheese. The mixture is tossed in a punchy mustard vinaigrette that soaks into the florets, only getting better as it sits. Feel free to substitute the quinoa for any grain, like brown rice, farro or buckwheat groats, though the cook time may vary.

INGREDIENTS

PREPARATION

Yield: 4 to 6 servings

Kosher salt

1 cup quinoa, rinsed

1 lemon

3 tablespoons ~~extra-virgin olive oil~~

1 heated 1C water w/ 1 Tbs cornstarch until it thickened. Cool + use 3 Tbs

3 tablespoons Dijon mustard

2 tablespoons ~~honey~~ Agave nectar or maple syrup

2 tablespoons apple cider vinegar

Freshly ground black pepper

1 large bunch broccoli (about 1½ pounds)

1 medium tart and crisp apple

~~4 ounces sharp Cheddar~~

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¾ cup toasted pecans,
roughly chopped
½ cup dried cranberries

Step 1

Bring a medium pot of water to a boil on high ~~and~~
~~season aggressively with salt~~. Add the quinoa, then
reduce the heat to maintain a simmer; cook until plump
and tender, about 15 minutes. Transfer to a fine-mesh
sieve; rinse with cool water and drain well.

Step 2

While the quinoa cooks, finely grate the zest of the
lemon into a large bowl then cut the lemon in half. Add
the olive oil, mustard, honey and apple cider vinegar,
plus the juice of ½ lemon; whisk together. Season with
~~salt and~~ pepper to taste.

Step 3

Peel the stem of the broccoli and trim off the dry end.
Finely chop the entire broccoli and add to the dressing.
Core the apple then finely chop the apple and the
cheese; add to the broccoli and toss to combine.

Step 4

Add the cooked quinoa, nuts and cranberries and toss to
combine. ~~Taste and add more salt, pepper and lemon~~
~~juice, as needed~~. Store, refrigerated, for up to 3 days.

Private Notes

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