



🕒 35 MIN 4 SERVINGS

Mediterranean Quinoa Salad + Roasted Veggies

INGREDIENTS

1/3 cup uncooked **quinoa, rinsed**

1 small **eggplant, diced**

1 small **bell pepper, diced**

1 small **zucchini, diced**

1 small **yellow squash, diced** (or provolone), shredded

3 - 4 tbsp **olive oil, divided**

1 1/2 to 2 tablespoons **lemon juice**

1 clove **garlic**

Salt & Pepper

1/2 cup **halved grape tomatoes**

2 tbsp chopped **fresh basil leaves**

2 tbsp chopped **chopped fresh mint leaves**

2 tbsp **pine nuts, toasted**

For garnish, **crumbled feta (optional)**



INSTRUCTIONS

1 Prep

Preheat the oven to 425 degrees Fahrenheit with racks in the upper and lower thirds of the oven. Line two large, rimmed baking sheets with parchment paper.

2 Roast the veggies

Divide the eggplant, zucchini, bell pepper, and yellow squash between the two baking sheets. Drizzle with 1 tablespoon olive oil and toss. Add a little more if necessary; you want enough to lightly coat the vegetables. Sprinkle with salt and pepper. Roast until the veggies are softened and beginning to brown, about 20 to 30 minutes. Set the roasted vegetables aside to cool.

3 Cook the quinoa

To cook the quinoa, combine the uncooked quinoa with $\frac{2}{3}$ cup of water in a small saucepan. Bring to boil over medium-high heat, then cover and reduce heat to low. Simmer until the water is absorbed, about 15 minutes, then remove from heat and let the quinoa steam with the lid on for 5 minutes. Remove lid, fluff the quinoa with a fork and set it aside.

INSTRUCTIONS

4 Toast the pine nuts

To toast the pine nuts, cook them in a small skillet over medium heat, stirring frequently, until they're turning lightly golden and fragrant, about 5 to 10 minutes. Be sure to keep an eye on them so they don't burn. Transfer to a bowl to cool.

5 Garnish with toppings. Prep to serve.

In a large serving bowl, whisk together the lemon juice and garlic. Slowly pour in the remaining 2 tablespoons of olive oil while whisking constantly to emulsify the mixture. Add the tomatoes, quinoa, basil, mint, roasted vegetables and pine nuts, and gently stir to combine. Season generously with salt, pepper and maybe another squeeze of lemon, to taste. Garnish with crumbled feta, if you'd like. Serve at room temperature. Store in an airtight container in the refrigerator for up to 3 days.

MAKE IT DAIRY FREE/VEGAN: Skip the feta. You might like to add some sliced, pitted Kalamata olives to make up for feta's salty punch.

MAKE IT NUT FREE: Technically, pine nuts are seeds, not nuts. If you're sensitive to them, though, omit them!