

PCC Curried Lentil and Quinoa Salad

Serves: **4 to 6**

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 1 1/4 cups French lentils
- 1/3 cup cashew pieces
- 1/3 cup lime juice
- 1 teaspoon minced fresh ginger
- 1 teaspoon salt
- 1 tablespoon curry powder
- 1 teaspoon ground coriander
- 1/2 cup olive oil
- 3/4 bunch green onions, sliced
- 2 carrots, shredded
- 1 1/2 cups frozen sweet corn, thawed

Preparation

Rinse quinoa and drain. Bring 1 1/2 cups water to a boil. Add quinoa, return to a boil and then reduce heat to low. Simmer for 10 minutes. Turn off heat and leave covered for 30 minutes. Cool on tray or baking sheet in the refrigerator.

Sort and rinse lentils, add to a pot and boil in ample water for 25 to 30 minutes or until tender. Drain and rinse.

To toast cashew pieces, preheat oven to 350° F. Spread nuts on a baking sheet and toast for 4 to 5 minutes. Let cool.

Mix together lime juice, ginger, salt, curry powder, coriander and oil until blended. In a large bowl, combine dressing with lentils and quinoa.

Add cashews, green onions, carrots and corn to cooled and dressed quinoa-lentil mixture. Toss gently to combine.

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