

Spiced Apple Quinoa Salad

Roxanne Chan, Albany, California

After trying and liking quinoa in another recipe, Roxanne Chan was prompted to experiment with this an-

cient Native American grain, which is still relatively unknown. She enhanced its mellow character with allspice and apples to create this refreshing salad.

Prep and cook time: About 15 minutes

Makes: 6 to 8 servings

- 1 cup quinoa
- $\frac{1}{3}$ cup cider vinegar
- 3 tablespoons thawed frozen apple juice concentrate
- $\frac{1}{4}$ teaspoon ground allspice
- $\frac{1}{4}$ teaspoon pepper
- 1 clove garlic, minced
- 1 Red or Golden Delicious apple ($\frac{1}{2}$ lb.)
- $\frac{1}{2}$ cup shredded carrot
- $\frac{1}{3}$ cup chopped red onion, rinsed and drained
- $\frac{1}{4}$ cup chopped fresh mint leaves
- Butter lettuce leaves, rinsed and crisped (optional)
- Salt

1. Pour quinoa into a fine strainer and rinse well under cool running water.

2. In a $1\frac{1}{2}$ - to 2-quart pan, combine quinoa and 2 cups water. Bring to a boil on high heat, turn heat low, cover, and simmer until grain is tender to bite, 10 to 15 minutes. Let cool.

3. Meanwhile, combine vinegar, apple juice concentrate, allspice, pepper, and garlic. Mix with cool quinoa.

4. Core apple and cut in $\frac{1}{4}$ -inch cubes. Mix apple, carrot, onion, and mint with quinoa.

5. Mound salad on a lettuce-lined platter. Add salt to taste.

Per serving: 114 cal., 11% (13 cal.) from fat; 3.1 g protein; 1.4 g fat (0.1 g sat.); 23 g carbo (3.8 g fiber); 18 mg sodium; 0 mg chol.