



Quinoa (or Couscous) and Arugula Salad with Lemony Vinaigrette

By

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Serves 6

For a refreshing splash of summer, use this lemony vinaigrette dressing on a variety of spring greens; it is especially good for bringing out the tart notes in arugula. I often make this salad with Couscous, yet the Quinoa makes a nice alternative.

- 1 cup vegetable stock or water
- 1 cup quinoa (or couscous)
- 1 cup green lentils (if you can find the French black lentils, use those!)
- ½ cup Lemon Vinaigrette (see below)
- 4 cups fresh arugula or mesclun greens, washed and dried
- 6 scallions or 1 shallot, coarsely chopped
- 1 cup cherry tomatoes, halved
- 1 cucumber, peeled, seeded, and diced into 1/2 inch cubes
- 1/2 cup feta cheese, crumbled

1. In a medium saucepan, bring the stock or water to a boil. Add the couscous cover, and turn off the heat all the liquid has been absorbed, about 10 minutes.
2. In a separate saucepan, cover the lentils with enough water to cover them by 1 inch, and simmer over medium heat until tender, about 15 minutes. Drain any excess water and cool.
3. In a large salad bowl, combine the lentils and quinoa and toss with half the lemon vinaigrette. Cool at room temperature or refrigerate until ready to serve.
4. Just before serving, coarsely chop the arugula and combine it with the lentils and couscous, along with the scallions, cherry tomatoes, and cucumbers. Crumble on the feta cheese, and add more dressing, to taste.

Lemon Vinaigrette

Makes 1/2 cup

- 1/2 cup extra virgin olive oil
- 1/4 cup fresh lemon juice (about 2 lemons)
- 1/4 cup red wine vinegar
- 1 tablespoon Dijon mustard
- 2 cloves garlic, mashed
- Salt and freshly ground pepper, to taste

Combine all the ingredients in a Mason jar with a lid. Shake to blend until emulsified. Set aside until the salad is prepared.

