Summer Squash and Red Quinoa Salad with Walnuts

My daughter enjoys finding culinary delights on the Epicurious.com website, and this quinoa recipe was one she recommended to me. Originally published by Bon Appétit in August 2012 by Soa Davies, this recipe not only has a delicious flavor, it's lovely to look at as well. Try it for one of your holiday gatherings.

Email me and let me know how you liked it! -- Nancy Rogers, Coordinator for UA Employee Wellness and Health Promotion rogersn@email.arizona.edu

Ingredients (serves 4)

1/2 cup red or other quinoa, rinsed in a fine-mesh sieve, drained
2 teaspoons kosher salt plus more for seasoning
1 pound assorted summer squash
2 tablespoons finely grated Parmesan plus 1/4 cup shaved with a peeler
1 teaspoon finely grated lemon zest
2 tablespoons fresh lemon juice
1 tablespoon Sherry vinegar
6 tablespoons extra-virgin olive oil
Freshly ground black pepper
1/2 cup flat-leaf parsley leaves
1/2 cup walnuts, toasted
1/4 cup fresh basil leaves, torn

Bring quinoa and 4 cups water to a boil in a medium saucepan. Season with salt, cover, reduce heat to medium-low, and simmer until quinoa is tender but not mushy, 12-15 minutes. Drain; return quinoa to hot saucepan. Cover and let sit for 15 minutes. Uncover; fluff with a fork and let cool.

Cut squash into 1/8"-thick slices, some lengthwise and some crosswise. Transfer to a large bowl, season with 2 teaspoons salt, and toss to coat. Let sit until slightly wilted, about 15 minutes. Rinse under cold water and drain well. Pat dry with paper towels.

Whisk grated Parmesan, zest, juice, and vinegar in a medium bowl. Gradually whisk in oil. Season dressing with salt and pepper.

Combine squash, quinoa, parsley, walnuts, and basil in a large bowl. Pour dressing over; toss to coat. Garnish with shaved Parmesan.

Nutrient Analysis per serving:
Calories: 412
Protein: 11 g
Carbohydrate: 22 g
Saturated fat: 5 g
Sodium: 293 mg

Provides the following percent Daily Value for Adults:
Vitamin C: 90%
Vitamin K: 170%
Vitamin A: 25%