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Recipes for Health NYT NOW

50 Ways to Love Your Quinoa

By MARTHA ROSE SHULMAN

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You'd think I would eventually run out of ideas for quinoa. I've posted over 50 recipes on this page over the years. But ideas keep coming and I keep loving this grain (O.K., Paleos, I know, it's a seed, not a grain. But we use it on the plate like a grain, so that's what I'll continue to call it.)

One of the culinary artists of our time, Deborah Madison, opened up a new world of quinoa ideas for me in her latest book, "Vegetable Literacy." In some of her recipes she uses quinoa more as a garnish than as the main ingredient. I thought about that when I started work on new quinoa salads.

Three of the salads I made were indeed quinoa salads with particular dressings, accompanying vegetables, condiments and other ingredients like nuts or seeds. But I also made a green bean and almond salad, where red quinoa plays second fiddle to the green beans; and a classic, pungent Mediterranean yogurt and cucumber salad, typical of yogurt/cucumber combos from the region except for the red quinoa I spooned over each serving. The quinoa contributed beautiful color as well as wonderful texture and substance to these light salads.

Quinoa keeps well in the refrigerator, so cook some up and make these salads through the week. They make great lunches or light suppers.

Red Quinoa Salad With Walnuts, Asparagus and Dukkah: This salad is garnished with steamed asparagus and the Middle Eastern nut and spice mix called dukkah.

Spicy Quinoa Salad With Broccoli, Cilantro and Lime: The grassy flavor of quinoa works well with cilantro in this main-dish salad.

Chickpea, Quinoa and Celery Salad With Middle Eastern Flavors: Chickpeas make this salad a substantial and comforting dish for a light supper.

Green Bean Salad With Lime Vinaigrette and Red Quinoa: Red quinoa is a colorful contrast to the green beans in a salad that is full of texture.

Mediterranean Cucumber and Yogurt Salad With Red or Black Quinoa: Red quinoa adds color and substance to a typically Mediterranean mix of yogurt and finely diced cucumber.

Well

Eat Well

Spicy Quinoa Salad With Broccoli, Cilantro and Lime

By Martha Rose Shulman

The grassy flavor of quinoa works well with cilantro in this main-dish salad. I love the versatility of quinoa. It can be the building-block ingredient for a salad, as it is in this main-dish salad, or it can be added to salads in smaller amounts, almost as a garnish. Its grassy flavor marries well with cilantro, itself an herb with a grassy, though more pungent, taste. I added sieved hard-boiled eggs for protein – though you could leave them out if you want to make a vegan version of this dish, and toasted pumpkin seeds for crunch. Another ingredient that contributes crunch as well as color is the soaked split red lentils. They also contribute more protein to an already high-protein grain. They are optional – make this salad whether or not you have the lentils.

Yield:Serves 4 Gluten-Free, Nut-Free

Andrew Scrivani for The New York Times

INGREDIENTS

- 2½ cups cooked quinoa
- 1½ cups steamed broccoli florets (about 1/3 of a crown), steamed for 4 to 5 minutes then separated into smaller florets
- ½ cup chopped cilantro
- 2 to 2 tablespoons toasted pumpkin seeds (to taste)
- 1½ to 2 teaspoons minced serrano or jalapeño chili (to taste)
- ¼ cup split red lentils, soaked for 2 hours or longer and drained (optional)
- 1 ounce crumbled feta cheese (1/4 cup)
- Freshly ground pepper
- 3 tablespoons fresh lime juice
- Salt to taste
- 1 garlic clove, minced or pureed
- 6 tablespoons extra-virgin olive oil
- 2 hard-boiled eggs
- 1 avocado, sliced

PREPARATION

1. In a large bowl, combine quinoa, broccoli, cilantro, pumpkin seeds, minced green chile, red lentils if using, feta and freshly ground pepper. Toss together.

2. In a small bowl or measuring cup whisk together lime juice, salt, and garlic. Add olive oil and whisk until amalgamated. Add to salad and toss together well. Taste and adjust seasoning.

3. Put hard-boiled eggs through a sieve and sprinkle over salad. Season if desired with salt and pepper. Garnish each serving with a few slices of avocado.

Chickpea, Quinoa and Celery Salad With Middle Eastern Flavors

By Martha Rose Shulman

It's the sumac (available in Middle Eastern markets) and the herbs – dill, mint, chives – that give this salad its Middle Eastern accents. I love the texture and flavor of the chickpeas, which make for a substantial and comforting dish. It's all you need for lunch and makes a delicious light supper. I love abundant, thinly sliced celery in just about any lemony salad; you will appreciate it for its texture as well as its flavor. Of course, you can use canned chickpeas, but if you have the time, try cooking some dried chickpeas to see how good they taste.

Yield:Serves 4 Dairy-Free, Gluten-Free, Nut-Free, Vegan

Andrew Scrivani for The New York Times

INGREDIENTS

- 1½ cups cooked chickpeas (1 15-ounce can, drained and rinsed)
- 1½ cups cooked quinoa (any color)
- 1 cup thinly sliced celery
- ¾ cup chopped tomatoes
- 2 to 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh mint
- 1 tablespoons minced chives
- 4 to 4 tablespoons chopped white or red onion, soaked for 5 minutes in cold water and drained (optional)
- 1 teaspoon sumac, plus additional for sprinkling

FOR THE DRESSING

- 1 tablespoon plus 1 teaspoon fresh lemon juice
- 2 teaspoons sherry vinegar or white wine vinegar
- Salt to taste
- 1 small garlic clove, minced or pureed
- ¼ cup extra-virgin olive oil
- Freshly ground pepper

PREPARATION

1 In a salad bowl, combine chickpeas, quinoa, celery, tomatoes, dill, mint, chives, onion and sumac and toss together.

2 In a small bowl or measuring cup whisk together lemon juice, vinegar, salt, and garlic. Whisk in the olive oil. Pour over the salad and toss well. Sprinkle more sumac on top, and serve.

Well

Eat Well

Green Bean Salad With Lime Vinaigrette and Red Quinoa

By Martha Rose Shulman

This is a green bean salad with quinoa as opposed to a quinoa salad with green beans. Red quinoa is secondary to the green beans here. The two ingredients provide a colorful contrast. The salad is alive with texture, the crisp-tender green beans with the crunchy almonds and the chewy, comforting quinoa. The flavors here are Mexican: lime juice, chile, cilantro, white or red onion. It's simple to put together but the sum is complex.

Yield:Serves 4 Dairy-Free, Gluten-Free

Andrew Scrivani for The New York Times

INGREDIENTS

- ¾ pound green beans, trimmed
- 4 to 4 tablespoons chopped red or white onion
- ¼ cup chopped toasted almonds (30 grams)
- 1 green or red serrano or Thai chile pepper, minced (more to taste)
- ¼ cup chopped cilantro
- 1 tablespoon minced chives
- 2 tablespoons fresh lime juice
- Salt to taste
- ¼ cup extra-virgin olive oil
- 1 cup cooked red quinoa
- 1 hard-boiled egg, finely chopped

PREPARATION

1. Fill a medium saucepan with water and bring to a boil. Add salt to taste and green beans. Boil 4 to 5 minutes, until crisp-tender. Transfer to a bowl of cold water, then drain and drain again on a kitchen towel. Cut in 2-inch lengths.

2. Meanwhile, soak onion in cold water for 5 minutes. Drain, rinse, and drain again on paper towels.

3. In a salad bowl, combine green beans, onion, almonds, chile, cilantro, and chives.

4. Combine lime juice, salt, and olive oil in a small bowl or measuring cup and whisk together. Toss with beans. Add quinoa and toss again. Sprinkle chopped egg on top, and serve.

Mediterranean Cucumber and Yogurt Salad With Red or Black Quinoa

By Martha Rose Shulman

The idea of embellishing a yogurt soup or salad with quinoa comes from Deborah Madison, who uses black quinoa in a brilliant recipe for a soup in her book "Vegetable Literacy." I used red quinoa to add texture, color and substance to this typical Mediterranean combination – finely diced cucumber, garlic, and thick plain yogurt. Use mint or dill, or a combination, and make sure to dice the cucumber very small.

Yield:Serves 4 Gluten-Free

Andrew Scrivani for The New York Times

INGREDIENTS

- 2 to 2 1/2 cups finely diced cucumber (use a seedless variety such as a long hothouse cucumber, a Japanese cucumber or Persian cucumbers)
- Salt
- 1½ to 2 cups plain Greek yogurt or drained yogurt (to taste)
- 2 to 2 garlic cloves (to taste), cut in half, green shoots removed, and mashed to a paste in a mortar and pestle with a pinch of salt
- 2 to 2 tablespoons (to taste) chopped fresh dill or mint
- Freshly ground pepper
- 1 cup cooked red or black quinoa

PREPARATION

1. Toss cucumber with a generous amount of salt and leave in a colander in the sink to sweat for 15 minutes. Drain on paper towels (rinse first if the cucumber tastes very salty).

2. Spoon yogurt into a salad bowl and mix with garlic. Stir in cucumber. Add freshly ground pepper (I like a generous amount), taste and adjust salt. Sprinkle dill or mint on top.

3. Spoon quinoa over salad and serve, or divide salad among 4 bowls or plates and top each serving with 1/4 cup quinoa.