

Copycat Costco Quinoa Salad

with lentils, chopped veggies and lotsa parsley

GF DF V

If you're a Costco member and a salad lover (I am!), then I'm positive their famous quinoa salad has made its way into your cart. I no longer live near Costco, so I created a simplified but equally addictive version of their wildly popular salad. Make it in advance, since it tastes better when the ingredients have time to "marinate" in the fridge. Confession: Sometimes I can't wait and scarf it down immediately.

Salad

- 1 cup uncooked tri-color quinoa, rinsed
- 1¾ cups low-sodium vegetable broth
- 1 cup canned lentils, drained and rinsed
- ¾ cup peeled, diced English cucumbers (or use those cute little ones!)
- ¾ cup diced tomatoes (see Kitchen Whizdom)
- ¾ cup diced red bell peppers
- ½ cup chopped fresh flat-leaf parsley
- ¼ cup minced fresh chives

Dressing

- ¼ cup light-tasting olive oil (see Kitchen Whizdom)
- 3 tbsp freshly squeezed lemon juice
- 3 tbsp seasoned rice vinegar
- 1 tbsp liquid honey (use pure maple syrup for vegan)
- 1 tsp minced garlic
- ½ tsp sea salt
- ⅓ tsp freshly ground black pepper

Combine quinoa and broth in a medium pot. Bring to a boil over high heat. Reduce heat to low, cover and simmer for 12 to 15 minutes, or until quinoa is tender and liquid has been absorbed. Remove from heat and let stand, covered, for 10 minutes. Cool completely. (Spread cooked quinoa on a baking sheet to speed up the cooling process.)

In a large bowl, stir together cooled quinoa, lentils, cucumbers, tomatoes, bell peppers, parsley and chives. Set aside.

In a small bowl or measuring cup, whisk together all dressing ingredients. Pour dressing over salad and stir until all ingredients are well coated. Cover and refrigerate for at least 4 hours before serving (overnight is even better).

Makes about 8 cups salad

Per cup: 167 calories, 6.4 g total fat (0.9 g saturated fat), 5.3 g protein, 22.8 g carbohydrate (3.2 g fiber, 4.3 g sugars), 0 mg cholesterol, 199 mg sodium

Sound Bite
MY RECIPE VS. COSTCO'S



KITCHEN
WHIZDOM

Choose Roma (plum) tomatoes or grape tomatoes for this salad and cut them into small pieces. Squeeze out (and discard) the seeds and juice from the plum tomatoes before chopping them up. Cut grape tomatoes into quarters or even smaller pieces. Chop, chop, chop! For the oil, I've subbed light-tasting olive oil for the soybean oil found in the original recipe. If you can't find olive oil labelled "light tasting," use an oil with neutral flavor like organic sunflower or safflower oil.

SWAP IT

Love cilantro? It's perfect in this recipe! Use ½ cup and omit the parsley.



TOP IT

Add some crumbled feta cheese before serving.

Shaved Brussels Sprouts Salad

with blueberries, avocados and almonds

GF

Let's hear it for Brussels sprouts! Raw, raw, raw! Not gonna lie, I used to hate Brussels sprouts. Now I can't get enough of them, especially thinly shaved in salads. And when blueberries are at their best, this salad beats the rest! It's simple, pretty and full of flavor, thanks to a perfect mix of texture, crunch and sweetness—all dressed up in a light, bright, white balsamic dressing.

Dressing

- ½ cup olive oil
- 3 tbsp white balsamic vinegar
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp pure maple syrup
- 2 tsp Dijon mustard
- 1 tsp minced garlic
- ¼ tsp each sea salt and freshly ground black pepper

Salad

- 1½ lbs (680 g) Brussels sprouts, thinly shaved
- 2 cups fresh blueberries
- 1 cup sliced almonds, lightly toasted
- 1 large avocado, diced
- ½ cup crumbled light or regular feta cheese (1.5 oz/42 g)

Make the dressing: Whisk together all dressing ingredients in a small bowl or measuring cup until well blended. (Alternatively, you can shake them up in a mason jar or whirl them in a small blender.) Set aside.

Combine all salad ingredients in a large bowl and mix gently to avoid squishing the avocados. Add the dressing and mix again, until all ingredients are well coated. Serve immediately or, to make ahead, leave out the avocado, then dice it up and add just before serving. Brussels sprouts don't get soggy quickly like regular salad greens and taste even better when they've had some time to drink up the dressing.

Makes about 12 cups salad

Per cup: 165 calories, 11.5 g total fat (1.7 g saturated fat), 4.8 g protein, 13.2 g carbohydrate (4.1 g fiber, 5.9 g sugars), 2 mg cholesterol, 128 mg sodium

Sound Bite 
HOW TO SHAVE BRUSSELS SPROUTS



SWAP IT

For a fall/winter variation, use diced apples instead of blueberries and chopped, toasted (or candied) walnuts or pecans instead of almonds.



TOP IT

Omit the feta and top individual servings with shaved Parmesan.

Italian Chopped Salad

with a bright and bold red wine vinaigrette

GF

It's an everything-but-the-kitchen-sink salad, Italian style! Grab your cutting board, a good sharp knife, put on some tunes and let's get chopping!

Dressing

- ⅓ cup olive oil
- ¼ cup red wine vinegar
- 2 tbsp light mayonnaise
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp pure maple syrup or liquid honey
- 1 tbsp minced shallots
- 2 tsp Dijon mustard
- 1 tsp minced garlic
- 1 tsp dried oregano
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Salad

- 6 cups chopped iceberg or romaine lettuce
- 4 oz (113 g) diced salami
- 4 oz (113 g) diced Provolone or aged white cheddar cheese
- 1½ cups quartered grape or cherry tomatoes
- 1½ cups diced English cucumbers
- 1 cup diced yellow bell peppers
- 1 cup no-salt-added canned chickpeas, drained and rinsed
- ½ cup pitted Kalamata olives
- ½ cup chopped radicchio
- ⅓ cup thinly sliced red onions
- ⅓ cup freshly grated or shaved Parmesan cheese

Whisk together all dressing ingredients in a small bowl or shake them up in a mason jar. If you own a single-serve blender, whirl the ingredients to make the dressing extra silky. Refrigerate dressing until ready to use.

Combine all salad ingredients except Parmesan in a very large serving bowl. Add dressing and mix well. Add the Parmesan just before serving, either mixed into the salad or sprinkled over individual servings.

Makes about 12 cups salad

Per cup: 161 calories, 11.5 g total fat (2.5 g saturated fat), 6.3 g protein, 8.4 g carbohydrate (2.2 g fiber, 3.2 g sugars), 10 mg cholesterol, 355 mg sodium

Sound Bite 
OLIVE THE FACTS: KALAMATA EDITION



SWAP IT

I personally LOVE aged white cheddar in this recipe, but mini bocconcini would also work well.

TOP IT

If you're a fan of nippy pepperoncini peppers, chop two or three and sprinkle them over the salad before serving.

