

## **Herbed Quinoa Salad with Toasted Pistachios and Plumped Raisins**

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### Ingredients

- 1 1/2 cups of quinoa (or about 3 cups cooked)
- 1/2 cup pistachios
- 1/2 cup golden raisins (regular raisins work great as well!)
- 1/2 cup red wine vinegar
- 1 avocado, sliced or chopped
- 1 tablespoon chopped basil leaves
- 1 tablespoon chopped mint leaves
- Juice of 1 lemon
- 1/4 cup olive oil, or to taste
- 3 cups arugula
- Salt/pepper to taste

### Preparation

1. Cook the quinoa: rinse the quinoa and put into a medium pot with 3 cups of water and a pinch of salt. Bring to a boil, then decrease heat to low and let simmer for about 25 minutes or until quinoa is tender and cooked through. If there is excess liquid remaining, strain the quinoa.
2. Toast the pistachios: preheat oven to 400°F, and spread pistachios on a baking sheet. Toast for about 10-15 minutes, until toasted and golden.
3. Soak the raisins: in a small bowl, pour in 1/2 cup of red wine vinegar and dilute with 1/2 cup of water. Add in 1/2 cup of raisins, and soak for at least 30 minutes or up to overnight. Drain excess liquids before using.
4. In a large bowl, combine cooked quinoa, toasted pistachios, raisins, avocado, basil, and mint. Squeeze juice of 1 whole lemon over the mixture, and drizzle with olive oil. Season with salt and pepper. Mix well to combine, and taste for seasoning. This combination can be kept for up to 7 days. When ready to serve, add arugula and mix well to combine.

p.s. click on the recipe to save or print!