



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Quinoa with Salmon, Feta, and Dill (adapted from Apple a Day)

Serves 6

While you can serve this immediately after mixing, it will be better if you give the flavors some time to meld, even just 15 minutes. This is particularly true if you're using salty smoked salmon.

You can use also fresh salmon and cook it either on the stove or in the oven. Kelsey has directions for stovetop cooking. If you use fresh salmon instead of smoked, increase the salt in the quinoa cooking water to $\frac{1}{2}$ teaspoon.

1 cup quinoa
2 cups water
 $\frac{1}{4}$ teaspoon salt
1 lemon, juice and zest
8 ounces smoked salmon, chopped small
1 tablespoon extra virgin olive oil
 $\frac{1}{2}$ cucumber, quartered lengthwise and sliced $\frac{1}{4}$ -inch thick
 $\frac{1}{2}$ cup feta cheese, chopped
1 tablespoon fresh dill, minced

1. Place the quinoa in a fine-mesh strainer; rinse until the water no longer foams. In a medium saucepan, bring the water to a boil. Add the quinoa, salt, and the zest of the lemon. Reduce the heat to low, cover, and simmer for 15 minutes. After 15 minutes, turn the heat off; let the quinoa set, still covered, for another 5 minutes. Drain off any unabsorbed water.

2. Squeeze the juice of the lemon over the quinoa, then mix in the salmon and remaining ingredients. Serve immediately or refrigerate overnight.