

Quinoa with Artichokes and Pesto



Makes:

4 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
12" Electric Oil Core Skillet
3.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

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Recipe Description:

This quinoa recipe is great as a side dish or a main dish; it is quick, easy and delicious! The quinoa and tempeh give you all your protein! The kale pesto is amazing-you'll love it! And the plus is kale is so nutrient dense -1000 on the ANDI score!

Quinoa Mixture
1 cup
quinoa
(170
g)
6 ½ ounces

marinated artichoke hearts, drained and coarsely chopped
 (184 g)
 $\frac{1}{3}$ cup
 sun dried tomatoes, drained and coarsely chopped
 (18 g)
 $\frac{1}{4}$ cup
 nutritional yeast
 (48 g)
 1 pinch each
 sea salt and pepper
 16 ounces
 tempeh, cubed
 (454 g)

Kale Pesto

2 cups kale leaves, finely chopped (384 g) $\frac{1}{2}$
 1 cup nutritional yeast (96 g) bunch fresh basil, finely chopped $\frac{1}{4}$
 2-3 cup walnuts or cashews, strung, use Cone #2 (7 g) $\frac{1}{2}$
 1 medium sized garlic cloves, shredded, use Cone #1
 Directions:
 cup water (120 mL) pinch sea salt to taste

1. Place quinoa and water (according to package directions) in sauce pan, uncovered, over medium heat. Cook for approximately 5 minutes. Cover and when Vapo-Valve™ clicks, reduce heat to low. Cook until all water is absorbed, about 12 minutes. Remove from heat, fluff quinoa with a fork and let cool.
2. Preheat electric skillet to 325°F/165°C degrees. Add 1 teaspoon coconut oil. Brown cubed tempeh until golden, approximately 8 minutes.
3. In large bowl, toss quinoa with kale pesto until combined. Add artichoke hearts, browned tempeh and sun-dried tomatoes. Season with salt and pepper to taste.

Kale Pesto

1. In a food processor combine kale, nutritional yeast, basil, walnuts and garlic. Blend until finely chopped.
2. While processor is running, stream in water until you've reached desired consistency. You may need to add more water to create a more creamy texture.

Tips:

- Tempeh can be stir-fried without the coconut oil, but it is used in this recipe to add the coconut flavor.
- Add in sunflower sprouts for added delicious texture and freshness.
- Tempeh is made from cooked and slightly fermented soybeans and formed into a patty. Tempeh undergoes a fermentation process making the proteins more digestible, improving the vitamin content and producing beneficial digestive enzymes for our bodies. Quinoa (pronounced keen-wah) is not a grain but a seed related to the spinach family and is also gluten free. It is very rich in proteins is a complete protein because it contains all the essential amino acids, especially lysine.
- Try sprouting the quinoa; pour fresh water over the quinoa

and keep in the fridge overnight. Drain water and cook quinoa, sprouting the quinoa increases nutrition and breaks down the inhibitor in seeds, nuts and grains.

Nutritional Information per

▼ Serving

Calories: 283
Total Fat: 12g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 131mg
Total 30g
Carbs:
Dietary Fiber: 7g
Sugar: 1g
Protein: 32g
