

Zucchini Squash & Quinoa Salad



Makes:

6 - 8 servings

Utensil:

2 Qt./1.8L Sauce Pan with Cover
Saladmaster Food Processor
2.5 Qt. (1.49L) Culinary Basket
large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Raw thinly sliced zucchini is a nutritious and crunchy addition to your warm weather salads. Zucchini slices perfectly with the Saladmaster Machine and Cone #5 - toss with salt and in 30 minutes the zucchini is softened and takes on a whole new flavor. This is a simple way to add in lots of nutrient dense raw vegetables to your pasta and grain salads.

2 zucchini squash, waffled, use Cone #5
1/4 teaspoon
salt
(3
g)
1 cup
quinoa
(170
g)
2 cups
water
(475
mL)
1/2 cup
almonds, slivered and toasted
(56
g)
1/2 cup
fresh basil
(20
g)
1/2 cup
fresh parsley
(30
g)

2 cloves
 garlic, shredded, use Cone #1
 2 tablespoons
 olive oil
 (30
 mL)
 2 tablespoons
 raw cider vinegar
 (30
 mL)
 ¼ cup
 red onion, julienned, use Cone #2
 (40
 g)
 salt and pepper to taste
 1 ripe avocado, peeled, seeded and cut into small dice,
 optional
 sprinkle of smoked mild paprika, optional

Directions:

1. Place zucchini in culinary basket and rinse. Add salt to zucchini and toss to combine. Set aside and let zucchini soften and drain for 30 minutes.
2. While zucchini is draining, place quinoa in colander, rinse with cool water and drain. Place rinsed quinoa and water in sauce pan and cover. Turn heat to medium. When Vapo-Valve™ clicks reduce heat to low and cook for 12 - 14 minutes. When quinoa is cooked, remove from heat, leave covered, and let quinoa rest for 10 minutes.
3. Place quinoa in mixing bowl and allow to cool. When cooled, add remaining ingredients to the quinoa and stir to combine.
4. Drain zucchini and pat off excess water with paper towels. Add to quinoa and stir thoroughly.
5. Add salt and pepper to taste.
6. Serve salad topped with diced avocado and sprinkle of smoked mild paprika, if desired.

Tips:

- Quinoa cooks quickly and adds a nice crunchy texture to any salad. A ¼ cup (46g) serving of quinoa has 6 grams of protein and is an excellent gluten-free option.
- There are so many varieties of quinoa available in the market. The combination of white, red and black quinoa makes a pretty presentation with all of the green herbs and vegetables. Substitute for whatever is available.
- Substitute zucchini squash for yellow summer squash or use a combination of both.

Nutritional Information per

▼ Serving

Calories: 215
Total Fat: 10g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 209mg
Total 25g
Carbs:
Dietary Fiber: 5g
Sugar: 2g
Protein: 7g