

Quinoa Salad with Chickpeas, Walnuts and Fall Fruit

Makes 8 Servings

1 1/2 cups quinoa, rinsed

1 cup canned chickpeas, rinsed and drained

1 cup diced persimmons or pomegranate seeds or 1/2 cup dried cranberries

3 green onions, thinly sliced

1/2 cup walnut pieces, toasted

1 teaspoon pomegranate syrup or honey

1/2 teaspoon whole grain mustard

2 tablespoons red wine vinegar or sherry vinegar

Kosher salt, to taste

Freshly ground pepper, to taste

1/4 cup walnut oil or olive oil

2/3 cup crumbled feta cheese or fresh goat cheese

1. Bring a medium pot of salted water to a boil over high heat. Add quinoa and boil until it is translucent but still has a bit of crunch, about 10 minutes. Drain and spread out on a baking sheet to cool.
2. Combine the quinoa with the chickpeas, fruit, green onions and walnuts in a large serving bowl.
3. In a small bowl, combine the syrup, mustard, vinegar and salt and pepper to taste. Slowly whisk in the walnut oil. Add the dressing to the salad and toss with a little more salt and pepper to taste.
4. Serve immediately or chill, covered tightly, for several hours or overnight. Top with the cheese right before serving.