

Quinoa, Feta, Herb, and Garbanzo Bean Salad

Adapted from Simply Real Eating by Sarah Adler

From Beth: I halved some of the quantities in this recipe and added coriander because it was staring me in the face.

1 cup uncooked quinoa
Sea salt
3 Tb chopped chives
3 Tb chopped fresh dill
3 Tb chopped fresh mint
1 tsp coriander seeds (whole)
1 15-ounce can garbanzo beans, rinsed and drained
5 Tb olive oil
just under ¼ cup red wine vinegar
Freshly ground pepper
1 five-ounce package or 6-8 cups of arugula or spinach
½ cup crumbled feta

Combine the quinoa with 2 cups of water in a small sauce pan. Add a pinch of salt, cover, and bring to a boil. Turn off the heat and let the quinoa cook, covered, for about 10 minutes, or until all the water is absorbed.

In the meantime, place the herbs and garbanzo beans in a bowl. Drizzle with the olive oil and vinegar, and sprinkle generously with sea salt and pepper. When the quinoa is done cooking, let it cool for a few minutes before fluffing and adding it to the bowl. When you are ready to serve, gently fold in the arugula and sprinkle with feta on top. Serves 3-4.