

Shopping List

Produce

Cherries

Celery

Bulk

Roasted Hazelnuts

Wild Rice

Red quinoa

Olive oil

Sea salt

Ground pepper

Grocery

Apple cider vinegar

Dairy

Aged goat cheese, smoked cheddar, or
other smoked (hard) cheese



Check out our recipe blog at
www.communityfoodcoop.wordpress.com
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Cherry, Wild Rice, and Quinoa Salad



Cherry, Wild Rice, and Quinoa Salad

INGREDIENTS

- 3/4 c wild rice
- 1/2 c red quinoa, rinsed well
- 1/4 c extra virgin olive oil
- 1/4 c apple cider vinegar
- 3/4 t sea salt
- 1/4 t fresh ground black pepper
- 2 c halved & pitted fresh sweet cherries
- 2 stalks celery, diced
- 3/4 c coarse grated aged goat cheese or smoked cheddar (or you can dice it)
- 1/2 c roasted hazelnuts, coarsely chopped

INSTRUCTIONS

1. Bring a large saucepan of salted water to a boil over high heat.
2. Add wild rice and quinoa, reduce heat to low, cover, and simmer for 40 minutes.
3. While the rice is cooking, whisk oil, vinegar, sea salt, and pepper in a measuring cup and prep your other ingredients.
4. Drain grains and rinse with cold water until cool to the touch; make sure you drain the grains well.
5. Once cooled, add the rice/quinoa mixture to a large bowl.
6. Add the cherries, celery, cheese, and hazelnuts and toss to combine.
7. Add the dressing and toss to combine.
8. Serve at room temperature, or cold from the fridge.

Quinoa (pronounced Keen-wah) is an ancient grain and was a staple in the ancient Incas' diet. Quinoa has a natural coating called saponin that needs to be rinsed off the grain before cooking (it can upset your stomach). Rinse quinoa in cool water until the water is clear. This is easiest done in a very fine sieve.



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Makes about eight 3/4 c servings