



Jakey Boy Quinoa Salad

Serves 6-8

Ingredients:

- 1 ½ cups quinoa, rinsed
- 4 ½ cups water
- 1 cup cooked garbanzo beans, freshly cooked or canned and rinsed well
- 1/2 cup dried unsweetened, unsulphured cherries
- 1/2 yellow bell pepper, diced ¼ inch
- 1/2 cup toasted pecans or walnut pieces – chopped into 1/4 inch pieces
- 1 teaspoon honey
- 1/2 teaspoon grainy mustard
- 2 Tablespoon sherry vinegar
- Sea salt, to taste
- Freshly ground black pepper, to taste
- 2 Tablespoon walnut oil
- 2 Tablespoon olive oil
- 2/3 cup crumbled high quality feta cheese (I love Pastures of Eden)

Instructions

Bring water to a boil over high heat. Add quinoa and simmer until it is translucent but still has a bit of crunch, about 12-15 minutes. Drain and return the hot quinoa to the sauce pan. Cover with a towel for 10 minutes so the moisture absorbs.

Once it cools to room temperature, combine the cooked quinoa with the chickpeas, dried cherries, bell pepper, and nuts in a large serving bowl.

Put the honey, mustard, vinegar, salt, pepper, and oil into a small bowl and whisk to combine. Add more honey or seasoning to taste. Gently stir the dressing with the salad and add a lbit extra salt and pepper-but be careful not to over salt because the feta itself adds saltiness.

Serve immediately or refrigerate for a few hours overnight. Stir in the cheese right before serving. This keeps a few days in the refrigerator and leftovers taste delicious.

Note: You could eliminate the walnut oil and instead use ¼ cup of olive oil, but I love the nutty taste of walnut oil with this salad. I have used dried chopped apricots or cranberries but strongly prefer the dried cherries! And I have made this salad with farro and with kasha too in place of quinoa yet quinoa is my fave!