

Summer Quinoa Salad

from Hot Dish with Sohla

serves 4 | active time: 45 minutes | total time: 45 minutes

INGREDIENTS

8 ounces mini fresh mozzarella balls in whey, like ciliegini or bocconcini
1 cup quinoa, rinsed
½ teaspoon kosher salt, plus more
2 small zucchini
2 ears of corn
1 heaped cup cherry tomatoes
1 cup lightly packed dill
1 lemon
¼ cup extra virgin olive oil
⅓ cup pepitas
⅓ cup dried cranberries
Freshly ground black pepper

1. Drain the mozzarella and tear into bite-sized pieces, reserving the whey. Measure the whey, then add enough water to have a total of 2 cups of liquid.
2. In a medium pot with a tight-fitting lid, combine the quinoa, the whey/water mixture, and ½ teaspoon salt. Bring to a boil over high heat, then cover and reduce the heat to low. Cook, without peeking, for 15 minutes.
3. Meanwhile, chop the zucchini into ¼-inch pieces. Shuck the corn and cut off the kernels. Use the back of the knife to scrape out any starchy corn milk left in the cobs. Halve the cherry tomatoes. Reserve some dill sprigs for garnish, and finely chop the rest. Cut the lemon in half.
4. Once the quinoa has cooked, remove from heat, uncover, fluff with a fork, top with the squash corn, corn milk, and season with salt. Cover and allow the quinoa to rest while the veggies steam on top, about 10 minutes.
5. Meanwhile, in a small skillet, combine the oil and pepitas. Cook over medium heat, stirring frequently, until toasted and puffed, 2 to 3 minutes. Add the cranberries and cook, stirring frequently, until puffed, about 1 minute. Season with salt and set aside.
6. Transfer the quinoa and veggies to a large bowl (you'll need room to mix it all properly). Scrape over the pepita mixture (make sure you add all the oil) and toss to combine. Add the tomatoes, dill, and juice of ½ the lemon. Toss well, then taste, adding salt, pepper, and more lemon as

needed. Stir in the mozzarella, garnish with reserved dill, and serve. Leftovers will keep in the fridge for 2 days.

NOTES/SUBSTITUTIONS:

QUINOA—This method works with any grain/pseudograin. However, different grains require different liquid ratios/cook times. Check the back of the package for the ideal ratio and cook time.

VEGETABLES—Swap out the corn and zucchini for any quick-cooking vegetable. Be sure to chop them into small pieces if needed so they can heat through. Try snap peas, arugula, spinach, or asparagus.

MAKE IT VEGAN—by omitting the mozzarella and whey, or swapping it for medium tofu and the tofu whey.

DILL—Swap for any tender herb, like parsley, chervil, or cilantro.

PEPITAS—Swap for any nut or seed; chop if large.

CRANBERRIES—Swap for any dried fruit; chop if large.