

## Quinoa Salad with Blueberry, Avocado, Mango and Feta

*This recipe was provided courtesy of local cookbook author and chef, Carla Snyder. Learn more about Carla and discover her recipes at [Ravenouskitchen.com](http://Ravenouskitchen.com).*

*Start-to-Finish; 45 minutes*

*Hands-on Time: 25 minutes*

*Serves 4 to 6*

### Ingredients

- 1/4 cup olive oil
- 1/2 red onion, diced
- 1 cup Heinen's Tri Color Quinoa, white quinoa or red quinoa, rinsed
- 2 cups vegetable broth
- Zest and juice of 1 lemon, about 3 Tbsp.
- 1/2 tsp. salt and freshly ground black pepper
- 2 cups arugula, chopped
- 1 ripe mango, peeled, pitted and diced
- 1 ripe avocado, peeled, pitted and diced
- 1/2 cup slivered almonds, toasted
- Two 6 oz. packs blueberries, rinsed
- 1/2 cup crumbled feta cheese



### Instructions

1. Heat a 12 inch skillet over medium-high heat and add 1 Tbsp. of the olive oil. When the oil shimmers, add the onion and cook for two minutes or until it begins to soften. Add the quinoa and stir to coat the grains with the fat in the pan. Pour in the broth and bring to a simmer. Cover, reduce the heat to low and cook the quinoa at a bare simmer for about 20 minutes or until tender. It should be dry and fluffy.
2. While the quinoa cooks, whisk together the lemon juice, salt, a few grinds of pepper and the remaining 3 Tbsp. olive oil in a large bowl. Chop the arugula, dice the mango and avocado and toast the almonds.
3. Transfer the hot quinoa to the bowl with the dressing and stir to blend evenly. Allow the grains to soak up the dressing and cool for about 10 minutes, then stir in the arugula, mango, avocado, almonds and blueberries. Taste for seasoning and add more salt, pepper, lemon or olive oil, if needed
4. Sprinkle the feta cheese over the top and serve warm or at room temperature.

*Extra hungry?* Grate or chop a hardboiled egg or two into the salad.

*In the glass:* Look for a bottle of crisp, fruity Sauvignon Blanc from Frogs Leap.