

## Kale Pesto Quinoa Salad (Gluten & Nut Free) Serves 4

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 6 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens.*

### **Ingredients:**

1 cup of Quinoa  
1 cup of frozen kale, thawed  
1 bunch of flat leaf parsley  
4 garlic cloves  
Olive oil  
3 Tablespoons of grated Parmesan cheese  
1 cup of broccoli or 6oz of sugar snap peas  
1 cup of cherry or grape tomatoes, halved  
Salt and pepper, to taste  
Lemon, optional



Serve with: Roasted Shrimp

### **Directions:**

1. Cook quinoa according to package instructions and set aside to cool. Quinoa can be made a day ahead and refrigerated.
2. **Make Pesto:** In a food processor or blender add kale, parsley, garlic. While motor is running drizzle in olive oil until a smooth paste is achieved. Place pesto in a bowl and add cheese. Set aside.
3. Bring water to boil in a pot. Add 1 tbs. of salt and return to a boil. Add broccoli and/or sugar snap peas and blanch for 1-3 minutes until. Remove from water and run under cold water to stop the cooking. Drain and set aside.
4. **Assemble:** In a large bowl add cooked quinoa, tomatoes, and broccoli and/or sugar snap peas. Add in enough pesto to dress. Add some lemon zest, if using. Adjust seasoning with salt and pepper and serve at room temperature.

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