

Quinoa

with Garlic, Shallots, Butternut Squash, Haricot Verts, Brussels Sprouts and Dried Cherries topped with Grilled Salmon, Crisp Arugula and Shaved Parmesan



INGREDIENTS

½ t. minced garlic
½ t. minced shallots
¼ c. thyme roasted butternut squash
2 T. chopped haricot verts
4 each Brussels sprouts, halved and roasted
1 T. chopped dried cherries
½ c. white wine
1 c. cooked quinoa
½ c. vegetable stock
Salt and pepper
Pinch of shaved Parmesan
Pinch of crisp arugula

DIRECTIONS

Cooking Quinoa:

Rinse 1 cup quinoa thoroughly under cold running water under a chinois (a fine mesh cone strainer); drain. Place in a saucepot and add in 2 cups of water. Bring to a boil, reduce heat, cover and simmer 15 minutes. The grain will have “popped”, it will look curled. Lay out on a sheet pan to cool for service.

Preparing the Dish:

Heat a medium sized sauté skillet. Add in canola oil, then add in the garlic and shallots; sauté lightly. Add in the squash, haricot verts, Brussels sprouts and dried cherries; sauté over medium high heat until vegetables are heated through. Deglaze with white wine, reduce by half. Place quinoa in the skillet, toss everything together. Add in vegetable stock and sauté until nearly all liquid has evaporated. Season to taste with salt and pepper. Pour quinoa into a bowl and garnish with Parmesan and arugula.

specialty of:
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