



# HOME COOKING

*with Cathy*

Hello there and Happy Spring!

I have chosen two salads which are both nutritious and easy to make.

The Quinoa (pronounced Keenwa) Salad is a favourite for lunch because it is also a good source of protein.

by **Cathy Abernethy**

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## *Apricot Quinoa Salad*

### *Ingredients:*

- 1 cup quinoa
- 2 cups orange juice
- ½ cup slivered dried apricots
- 1 red pepper, diced
- ½ cup diced red onion
- 1/3 cup chopped fresh cilantro
- 2 Tbsp. extra virgin olive oil
- Salt and pepper
- 1 Tbsp. toasted slivered almonds

### *Preparation:*

- Rinse quinoa thoroughly in a sieve and allow to drain.
- Combine quinoa and orange juice in a saucepan and bring to a boil
- Reduce heat and simmer covered for 15-20 minutes until liquid is absorbed
- Spread on a cookie sheet and let cool
- In a large bowl- combine cooled quinoa and dried apricots, red pepper, red onion, cilantro, and olive oil.
- Season with salt and pepper
- Salad can be served immediately or refrigerated and served cold.
- Garnish with slivered almonds before serving.
- Serves 4-6



## *Spinach Salad with Creamy Blue Cheese Dressing*

### *Ingredients:*

- 2 strips bacon
- 1 medium onion
- 1 Tbsp. olive oil, if required
- 12 grape tomatoes
- 4-6 cups fresh baby spinach

### *Dressing:*

- 1/3 cup sour cream
- 1-2 tsp. honey
- ¼ cup crumbled blue cheese
- Salt and pepper to taste

### *Preparation:*

- Slice bacon into ½ inch pieces. In a medium pan, cook bacon over medium heat until crisp. Remove from pan and place on paper towel to absorb any fat. Leave pan drippings in pan.
- Peel onion, cut in half lengthwise and thinly slice into rings. Add onion to pan in which bacon was cooked. If necessary, add up to 1 Tbsp. olive oil. Cook on medium low heat, stirring occasionally, until onions are softened and slightly caramelized (about 20 minutes). Remove from pan and set aside.
- Cut grape tomatoes in half lengthwise. Set aside until ready to serve salad.
- Rinse spinach leaves well, dry thoroughly in a salad spinner or dry with paper towel. Place spinach in a salad bowl.
- To make dressing, combine sour cream, honey and crumbled blue cheese in small bowl. Add salt and pepper as desired. Pour dressing over spinach and toss well. Top with bacon, onions and tomato halves.
- Makes 4 servings.

