



The Edible Garden

Recipe featured at the *Cooking for Your Health* demonstration, September 15

Quinoa Power Sustains the World Saucy Dinner

By: Sarah Paulson, Coordinator of Teen Programs,
The New York Botanical Garden

Ingredients Serves 4

1 small winter squash (butternut, buttercup, acorn, etc.)	1 tablespoon paprika
2 large carrots	1 cup quinoa (red or white)
1 leek	1 quart (32 ounce container) chicken broth
1 clove garlic	1 cup walnuts
1 medium zucchini	Olive oil
1 yellow onion	1-2 tablespoons butter
1 bunch fresh parsley or cilantro	1 teaspoon turmeric
6-8 ripe sauce tomatoes	Salt and pepper to taste

Instructions

1. Rinse the quinoa in cold water; put it in a heavy saucepan with 2 cups of stock and a pinch of salt. Cover and bring to a boil. Reduce the heat to very low and time 12 minutes, or until the moment the water is absorbed. Remove the quinoa to a bowl right away to end the cooking process. Fluff and set aside.
2. Toast the walnuts in a heavy saucepan- dry- just long enough to get crunchy. Remove from the heat and set aside.
3. Peel and cut the winter squash into bite-sized cubes. Finely chop the garlic. Cut the onion, zucchini, carrots, and leek into a rough dice.
4. Heat the butter in the heavy saucepan. Brown the winter squash on all sides. Add a small amount of olive oil and add in the paprika and turmeric. Add the onions and cook until translucent.
5. Begin heating water in a heavy pan for blanching the tomatoes.
6. Add the carrots, zucchini, and leeks to the squash mixture. Cook, adding stock as needed until everything is tender. Season with salt and pepper and more paprika if needed.
7. Blanche the sauce tomatoes in boiling water for about 15 seconds and allow them to cool to touch. Remove the skins and roughly chop. Add the tomatoes to the cooking stew.

8. When the stew reaches the desired thickness, turn off the heat and add half of the chopped herbs.
9. Roughly chop or crumble the walnuts and stir them into the quinoa.
10. To serve, place a large spoonful of quinoa on each plate. Ladle the stew over the quinoa generously and garnish with the remaining chopped herbs.