

Quinoa & Red Rice Salad with Cumin & Avocado*

yield: 6 TO 8 SERVINGS

Ingredients:

- 1 1/2 c. short-grain red rice (or substitute another color of short-grain rice)
- 2 1 c. quinoa, rinsed well (or substitute another color of quinoa)
- 3 1 bay leaf
- 4 1/4 tsp. kosher salt
- 5 4 T. extra-virgin olive oil, divided
- 6 1 small onion, finely chopped
- 7 3 large garlic cloves, minced
- 8 2 tsp. cumin seeds
- 9 3 T. freshly squeezed lemon juice
- 10 1/4 c. chopped fresh cilantro
- 11 1/4 c. chopped flat-leaf parsley
- 12 2 T. 1" pieces chives
- 13 salt and freshly ground black pepper, to taste
- 14 2 avocados, peeled, pitted, and sliced into wedges
- 15 1 lemon, sliced into wedges

Directions:

Bring rice and 1 cup water to a boil in a small saucepan. Cover, reduce heat to low, and cook until water is absorbed and rice is tender, 25 to 30 minutes.

While the rice is cooking, combine the quinoa, bay leaf, 1/4 teaspoon salt, and 2 cups water in a medium saucepan. Bring to a boil. Cover and reduce heat to low. Simmer until quinoa is tender, about 15 minutes. Drain the quinoa and let it sit in the hot saucepan, covered, for 15 minutes. Discard the bay leaf. Fluff quinoa with a fork.

Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and cook, stirring occasionally until soft, about 8 minutes. Add garlic and cumin and cook, stirring often, for 2 minutes. Add this to quinoa. Then add the rice to the quinoa mixture and stir well. Add the remaining 2 tablespoons oil, fresh lemon juice, cilantro, parsley, and chives. Season to taste with salt and pepper.

Serve salad with avocado and lemon wedges.

**Slightly adapted from Bon Appetit magazine, November 2011*