Three-Bean Quinoa Salad
red quinoa, green beans, chickpeas, black beans, radishes, feta cheese, red wine vinaigrette

Serves 2 | Time to Table 25 minutes | Calories 789 | Category Vegetarian + Gluten-Free | Allergens Contains Milk (Feta) Excellent Source of Fiber, Protein, Vitamin A, Vitamin C + Iron | Good Source of Potassium + Calcium
**What To Do:**

1. **Prep the Ingredients:** Cut the green beans in half. Chop the parsley.

5. **Make the Dressing:** Whisk together garlic, Dijon mustard, vinegar, 3 tablespoons extra-virgin olive oil, and ½ teaspoon each salt and pepper in a small bowl.

2. **Rinse the Quinoa:** Place the quinoa into a fine-mesh strainer. Rinse under cold water for a solid minute, swishing the quinoa with your hand while rinsing. Drain. (If you don’t have a fine mesh strainer, you can skip this step.)

6. **Finish the Salad:** Transfer quinoa mixture to a serving bowl. Stir in dressing, chickpeas, black beans, radish, parsley and feta, tossing well to coat.

3. **Toast the Quinoa:** In a medium saucepan over medium-high heat, add 1 teaspoon of olive oil and the drained quinoa. Cook, stirring, for 1 minute.

**To Serve:** Divide salad evenly between two serving plates or bowls.

4. **Cook the Quinoa:** Add 2 cups water and ½ teaspoon salt to the pan. Bring to a rolling boil. Reduce heat to low and cook, covered, for 15 minutes. Remove pot from heat, quickly add the green beans and red bell pepper strips, and let stand, COVERED, for 5 minutes. Fluff the quinoa gently with a fork. (Note: If any liquid remains in the bottom of the pan or if the quinoa is still a bit crunchy, don’t worry, just return the pot to low heat and cook, covered, for another 5 minutes, until all the water has been absorbed.)

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**Equipment**
- Chef’s knife
- Fine-mesh strainer (optional)
- Medium saucepan with lid
- Measuring spoons
- Liquid measuring cup
- Whisk
- Small bowl

**What You Need**
- Olive oil
- Extra-virgin olive oil
- Kosher or flake sea salt
- Coarsely ground black pepper

**What We Send**
- 6 ounces green beans
- .5 ounce parsley
- 6.5 ounces red quinoa
- 4 ounces sliced red bell pepper
- .3 ounce minced garlic
- .2 ounce Dijon mustard
- .3 ounce red wine vinegar
- 6 ounces chickpeas
- 6 ounces black beans
- .5 ounce sliced radish
- .75 ounce crumbled feta cheese

**Wine Pairings** by @grapefriend
An herbal, vegetal Grüner Veltliner will be great with this veggie dish.

**Beer Pairings**
The orange, citrus and coriander aromas of a Belgian Witbier complement the beans, quinoa, and salty, tangy flavor of the feta.

**TK Table Talk:**
What fad have you held on to, even though it isn’t popular anymore?

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