

# QUINOA WITH KALAMATA OLIVES, PINE NUTS, AND ROASTED-TOMATO DRESSING

From the *Taste for Life* test kitchen

20 MINUTES PREP TIME + ROASTING TIME ■ SERVES 8

## Roasted-Tomato Dressing

- 2 lb tomatoes (4 to 5 large ones)
- 4 garlic cloves, unpeeled
- 1/2 c olive oil, divided
- 2 Tbsp balsamic vinegar
- Salt and freshly ground black pepper to taste

## Quinoa Salad

- 6 c cooked quinoa
- 1 c pitted and chopped Kalamata olives
- 1/2 c toasted pine nuts
- Salt and freshly ground black pepper to taste
- 1/2 c chopped fresh mint

1. Preheat oven to 250°.
2. To make dressing, cut each tomato into eighths. Toss tomatoes and unpeeled garlic cloves with 1/2 cup of the oil.
3. Place tomatoes skin-side down on a baking pan. Add garlic cloves to pan. Roast until tomatoes start to shrivel around their edges, approximately 1 hour. Remove from oven and allow to cool for 20 minutes.
4. Peel garlic cloves. Add garlic, tomatoes, vinegar, remaining 1/2 cup of oil, and salt and pepper to taste in a blender. Puree until smooth.
5. In a large bowl, mix together cooked quinoa, olives, pine nuts, 1/2K cups of the Roasted-Tomato Dressing, and salt and pepper to taste. Garnish with chopped mint.

## Kitchen Notes

Serve the quinoa with extra dressing on the side, if desired. The dressing is also delicious over salads or steamed vegetables, or as a dip for crusty bread.

Per serving: 640 Calories, 20 g Protein, 97 g Carbohydrates, 9 g Fiber, 21 g Total fat (3 g sat, 10 g mono, 6 g poly), 153 mg Sodium, ★★★★★Manganese, ★★★ Vitamin C, Copper, Iron, Magnesium, Phosphorus, ★★ Vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), E, Potassium, Zinc, ★ Vitamin B6, Folate, Pantothenic acid