

# 10 CREATIVE QUINOA RECIPES

— FROM —  
*Healthy Celebrity  
Chefs*

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# Orange Quinoa Breakfast Pilaf with Cardamom and Vanilla

## SERVES 3

### Ingredients

1 1/2 cups quinoa, soaked overnight in 3 cups of filtered water  
 2 cups fresh orange juice  
 3 tbsp golden raisins or dried mulberries  
 Zest of one orange  
 1 tbsp coconut butter or coconut oil  
 1/4 tsp cinnamon  
 6 cardamom pods  
 2 whole star anise  
 1/2 vanilla bean, seeds scraped and pod reserved  
 Pinch sea salt

### To serve

Chopped toasted almonds  
 Fresh almond milk, or yogurt  
 Fresh seasonal berries  
 Maple syrup or honey, optional



### Directions

Drain and rinse quinoa. Place in a pot, add orange juice, golden raisins or mulberries, orange zest, coconut oil, cinnamon, cardamom, star anise, vanilla seeds and pod, and salt. Bring to a boil,

cover, lower heat and cook for 25 minutes.

Remove from heat and let stand for 5 minutes more. Pick out cardamom pods

and vanilla bean and fluff with a fork.

Serve warm or at room temperature with almond milk or yogurt.



## AMY CHAPLIN

Amy Chaplin is the former executive chef of the famed East Village vegetarian spot Angelica Kitchen. As a private chef, she cooks for celebrities like Natalie Portman. She posts recipes on her blog, Coconut and Quinoa, and is currently working on her first cookbook.

# Quinoa Porridge with Fall Harvest Apple

**SERVES 4**

## Ingredients

4 cups water  
 2 cups quinoa  
 2 pinch sea salt  
 2 apples such as Granny  
 Smith or any other apple  
 with high acidity  
 2 tbsp maple syrup  
 2 tbsp toasted coconut  
 shavings

## Directions

In a 1-gallon pot, bring water and salt to boil. Cover the pot with a lid and cook quinoa on a low heat for 20 minutes.

Cut apple into 1-inch cubes, discard core.

Combine quinoa, apple cubes, and maple syrup then fluff carefully with a fork.

Put quinoa mixture into four bowls and sprinkle with toasted coconut shavings.



**CHEF'S TIP:** Adding ½ cup of almond milk just before serving makes the quinoa porridge mouth-watering rich and nutty in taste.

**CHEF'S NOTE:** I love when the quinoa porridge is prepared a day in advance and served chilled—it's super tasty.



## DANIEL ANGERER

Michelin-starred chef Daniel Angerer cooked at a list of acclaimed Manhattan restaurants—including Jean Georges, Alouette, and Fresh—before opening Klee Brasserie in Chelsea. He also triumphed over Bobby Flay on “Iron Chef America,” and now heads up the fresh foods at Dig Inn Seasonal Markets across New York.

# Quinoa Salad with Dried Cherries, Basil, and Pine Nuts

**SERVES 3-4**

## **For the quinoa salad**

1 1/2 cups quinoa  
 1/2 bulb of fennel, finely diced  
 1/2 cup toasted pine nuts, lightly chopped  
 1/3 cup minced dried cherries or currants  
 1/4 cup aged sherry-walnut vinaigrette  
 Small handful of basil leaves, torn or cut into ribbons  
 Salt and pepper, to taste

## **For the vinaigrette**

1 shallot, peeled and minced  
 1 tsp salt  
 1 tsp Dijon mustard  
 1/4 cup aged sherry vinegar  
 3 tbsp walnut oil or hazelnut oil  
 3/4 cup extra virgin olive oil  
 Freshly ground black pepper



## **Directions**

Add quinoa to a heavy skillet and dry toast it over medium heat until quinoa is light brown and fragrant, about 4 minutes. Bring 3 cups of water to a boil in a saucepan with 1 teaspoon salt.

Transfer the quinoa into the boiling water, bring back to a simmer, and cover. Cook over low heat for 15 minutes. Spoon the quinoa out onto a plate or baking sheet to cool.

Combine all of the salad ingredients in a large bowl and season to taste with salt and freshly ground black pepper. Serve chilled or at room temperature.



## **KATY SPARKS**

Katy Sparks will be the executive chef when Tavern on the Green reopens, and was formerly in that role at Quilty's, where she won Best New Chef from *Food & Wine* and Rising Star Chef from *Wine Spectator*. She was also food director at Balducci's and creates recipes for Union Market's prepared foods.

# Simple Salmon, Spinach, and Quinoa Salad

## SERVES 4

### Ingredients

2 cups baby spinach  
 2 cups uncooked quinoa  
 2 5-oz. salmon fillets  
 (frozen are fine)  
 1/4 cup thinly sliced red  
 onion  
 Sea salt to taste  
 1/4 cup extra virgin olive oil  
 1/4 cup balsamic vinegar  
 1 tbsp honey

### Directions

Preheat broiler.

For the vinaigrette, whisk together the extra virgin olive oil, balsamic vinegar, and honey.

Bring 4 cups of water to a boil and cook the quinoa, add a bit of salt to taste, strain, and rinse in fine sieve with cold water to stop the cooking process.

While the quinoa is cooking, sprinkle the salmon fillets evenly with sea salt. Place fish on a foil-lined broiler pan coated with a drizzle of olive oil. Broil on high for 10 minutes, until fish is opaque and firm to the touch.

Gently break the salmon into large flaky pieces with a fork. In a large bowl, gently toss the salmon, quinoa, spinach, and red onion with the vinaigrette.



## CANDICE KUMAI

Candice Kumai, AKA the Stiletto Chef, broke onto the scene as a “Top Chef” contestant in 2006 and then hosted cooking shows on both HSN and Lifetime. She has since published two cookbooks, *Pretty Delicious*, and the brand-new *Cook Yourself Sexy*, and is a judge on “Iron Chef America.”

# Quinoa and Black Bean Salad

## SERVES 4

### Ingredients

2 cups quinoa, white or red, rinsed  
 1 small shallot, peeled and halved  
 2 garlic cloves, peeled  
 1 bay leaf  
 1 ear fresh corn, kernels cut off (or roughly 1 cup cooked corn)  
 1 small cucumber, seeded and diced  
 1 beefsteak or 2 plum tomatoes, seeded and diced  
 2 or 3 scallions, chopped  
 1 tbsp chopped cilantro leaves  
 1 tbsp chopped mint leaves  
 1 jalapeno pepper, seeded and finely diced  
 2 cups cooked black beans  
 2 tbsp extra virgin olive oil  
 2 tbsp fresh lemon juice  
 1/2 tsp cumin seeds, toasted and ground  
 1 tsp chopped garlic  
 Salt and pepper



### Directions

Put the rinsed quinoa in a saucepan with shallot, garlic cloves, bay leaf, and 1 tablespoon salt. Add 4 cups of water, bring to a boil, and cook over high heat until water evaporates. Turn off heat, cover, and let rest for ten

minutes or so. Remove and discard shallot, garlic, and bay leaf. Set quinoa aside.

While quinoa is cooking, heat 1/2 tablespoon olive oil and quickly sauté corn kernels. Season with salt and pepper, and set aside to cool.

When quinoa and corn are cool, combine with additional vegetables, herbs, beans, spices, remaining olive oil, and season to taste with salt and pepper.



## MARY CLEAVER

Mary Cleaver was a slow foodie before there was a name for it, and she's cooked for such luminaries as Martin Scorsese and the Dalai Lama. She now serves her healthy, sustainable cuisine at The Green Table in Chelsea Market and via her revered catering company, Cleaver Co.

# Quinoa with Tofu, Lemongrass, and Lime

**SERVES 2-4**

## Ingredients

3 *tbsp* olive oil  
 1 *shallot*, finely diced  
 4 *garlic* cloves, smashed and finely chopped  
 3 *tbsp* finely chopped lemongrass  
 2 *tbsp* finely chopped fresh ginger  
 1 *tbsp* coriander seeds  
 1 *tsp* ground cumin  
 1 *cup* low-sodium chicken or veggie stock  
 Grated zest and juice of 2 limes  
 1 *cup* quinoa, rinsed  
 Salt and freshly ground black pepper  
 8 *ounces* extra-firm tofu, cut into 4 slices  
 1/2 *cup* loosely packed hand-torn fresh cilantro

## Directions

In a medium saucepan, heat 2 tablespoons of the oil over medium heat. Add the shallot, garlic, lemongrass, ginger, coriander seeds, and



cumin and cook, stirring frequently, until the shallot is translucent and the garlic and ginger have softened, about 2 to 3 minutes.

Add the broth, lime zest and juice, and quinoa. Bring to a boil, cover the pan, and simmer for 12 minutes. Uncover,

give it one good stir, then re-cover and cook until the liquid is absorbed and the quinoa is tender, about 3 minutes. Remove from the heat and season to taste with salt and pepper.

Meanwhile, in a medium skillet, heat the remaining 1

tablespoon olive oil over medium heat. Place the slices of tofu in the hot oil and cook, turning, until golden brown, 3 to 4 minutes per side.

Divide the quinoa among shallow bowls, top each serving with a slice of tofu, and garnish with the cilantro.



## SAM TALBOT

Sam Talbot is the former executive chef of The Surf Lodge in Montauk and Manhattan's Imperial No. Nine, and as a finalist on "Top Chef," he was voted Fan Favorite. This recipe is from his super healthy cookbook, *The Sweet Life*, which debuted in 2011.



# *Grey's Passion Cocktail*

## **Ingredients**

1½ oz black tea-infused  
Fair Quinoa Vodka  
1 oz Veev Acai liqueur  
1½ oz passion fruit juice  
1 oz agave  
1½ oz orange juice  
4 mint leaves  
Orange peel, for twist  
garnish

## **The Infusion**

1 bottle of Fair Quinoa  
Vodka  
1.5 scoops of loose Earl  
Grey tea

## **Directions**

Fill a Boston shaker with ice, pour black tea-infused vodka, acai liqueur, passion fruit juice, agave, mint, and orange juice. Shake for 10 seconds. Serve in a highball glass with a twist of orange peel.



## **GABRIELA MARTINEZ BENECKE**

The bar at Candle Cafe's newest branch on New York's Upper West Side is the city's go-to spot for superfood cocktails. That's thanks to Gabriela Martinez Benecke, Candle West's mixologist and bar manager, who created this almost good-for-you concoction.

# Quinoa Arancini

Arancini are traditional Italian croquettes made from using leftover risotto. In place of risotto, however, we are using leftover quinoa. Fresh cooked quinoa works well in this recipe, too.

## Ingredients

Extra-virgin olive oil  
1 cup onion, diced small  
3 cloves garlic, finely chopped  
Pinch of sea salt and black pepper

1 tbsp ground flaxseed  
1/4 cup water  
2 1/2 cups cooked quinoa, at room temperature  
1/2 cup cooked, small diced sweet potato  
1/2 cup potato flakes  
2 scallions, thinly sliced  
1/4 cup chopped parsley  
1/2 tsp sea salt  
1/4 tsp black pepper  
1/4 tsp red chili flakes



## Directions

Heat 1 tbsp of olive oil in a sauté pan over medium heat. Add onion and cook 5 minutes, stirring occasionally until it begins to turn translucent. Add garlic, salt, pepper and cook 3 more minutes until fragrant. Remove from heat and allow to cool for a few minutes.

In a medium bowl, whisk together flaxseed and water until frothy.

To the flax mixture, add the cooked quinoa, sweet potato, potato flakes, scallions, parsley, salt, pepper, and red chili flakes. Mix together well. Fold in the onion-garlic mixture, until combined. Cover the mixture and refrigerate for 15 minutes.

In a sauté pan, heat 1/2 cup of olive oil over medium heat. Form the quinoa mixture into balls using about 2 tbsp for each. Cook the quinoa balls in oil until golden brown on each side, about 2–3 minutes per side. Remove from oil and drain on paper towels. Keep them warm in the oven or serve immediately with your favorite marinara sauce or basil pesto.



## MATTEO SILVERMAN

Matteo Silverman gained a huge following as the operator of Williamsburg's popular underground vegan supper club, 4 Course Vegan. He is now the chef for Cooler Cleanse and Juice Generation, and the owner of vegan catering, events, and baked goods company Chalk Hill Cookery.

# Quinoa with Bean Confit

## SERVES 2

### For the quinoa

1 cup quinoa, rinsed  
2 cups vegetable stock  
or water  
3 oz lemon juice  
3 oz bean confit oil or  
extra virgin olive oil  
1 tsp mashed or finely  
chopped garlic

### Directions

Place the rinsed quinoa in a pot with the stock or water and cook 15–20 minutes, until quinoa is tender. Mix in remaining ingredients and set aside.

### For the beans

1/2 cup dried beans,  
soaked overnight  
2 cups unsalted vegetable  
stock mixed with  
2 cups water  
1 1/2 cups olive oil  
1 sprig oregano  
1 sprig rosemary  
2 whole cloves garlic  
1 tbsp chopped oregano  
Juice of 1 lemon



### Directions

In a heavy pot, bring beans and stock to an active simmer, uncovered. Do not let the beans boil and resist the urge to stir them. Keep an eye on the liquid level, and add some hot water to keep them covered, if needed. As the beans are cooking, preheat the oven to 350 degrees.

After about 25–30 minutes, drain the beans. Return them to the pot, add the rosemary and garlic. Cover with the oil. Bring to a gentle simmer and place the pot in the oven until beans are tender, about 30–60 min-

utes. Season with salt and let come to room temperature before serving.

To serve, spoon the beans into a bowl, along with some of the oil. Add quinoa and mix in the oregano. Squeeze on a desired amount of lemon.



## BILL TELEPAN

The French-trained chef with stints and Le Cirque and Le Bernardin is now more widely known as a farm-to-table superstar. His emphasis on seasonal and local extends beyond his popular Upper West Side namesake restaurant, Telepan, into city cafeterias, where he helps health-ify school lunches. He's also an advocate of Slow Food and participates in the SPE Charter for healthy fine cuisine.

# Moroccan-Spiced Halibut with Minted Quinoa

**SERVES 4**

## Ingredients

1 cup quinoa  
 2 cups vegetable stock  
 1 cup shelled fava beans, blanched  
 1 mint, finely chopped  
 3 tsp slivered almonds  
 1 shallot, finely minced  
 6 oz halibut, rubbed with equal parts cumin, turmeric, and dried coriander  
 1 tsp Dijon  
 1/4 cup white balsamic vinegar  
 3/4 cup olive oil  
 3 tsp tomato, diced small, no seeds  
 3 tsp preserved lemon, julienned (long thin strips)  
 1/2 cup roasted red pepper, diced



## For the quinoa

Combine quinoa and stock in small pot and bring to a boil. Reduce to simmer and cover. Cook 10 to 15 minutes or until liquid is absorbed. Let cool completely. In a large mixing bowl, combine cooled quinoa with remaining ingredients. Toss to mix thoroughly and set aside.

## For the fish

Preheat oven to 350 degrees and heat a medium size sauté pan with olive oil. Sear fish on both sides and cook in the preheated oven for 8-10 minutes or until cooked through.

While the fish is cooking, add Dijon and vinegar to a small bowl and whisk to

combine. Slowly drizzle in olive oil while continuing to whisk until it emulsifies. Add tomato and preserved lemon and season with salt and pepper. To assemble, place a portion of quinoa salad on the plate and place the fish on top, drizzle the vinaigrette around and on top of the fish, serve with mixed greens.



## ROBB GARCEAU

Robb Garceau developed a passion for fresh foods while growing up in the Hudson Valley, with gardener parents. After stints at Jean Georges and Danny Meyer's Union Square Events, he joined the city's most famous catering company, Great Performances, as executive chef.