



# Summer Squash and Quinoa Salad with Walnuts

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Recipe Source: *Bon Appétit*

Serves: 4

## Ingredients:

½ cup red or other quinoa, rinsed and drained  
2 cups of sliced assorted summer squash, such as zucchini and yellow crookneck  
2 tsp salt  
2 Tbsp finely grated parmesan cheese, plus ¼ cup shaved with a peeler  
1 tsp finely grated lemon zest  
2 Tbsp fresh lemon juice  
1 Tbsp red wine vinegar  
3 Tbsp olive oil  
Freshly ground black pepper  
½ cup flat-leaf parsley leaves  
½ cup walnut pieces, toasted  
¼ cup fresh basil leaves, torn

## Steps:

- Bring quinoa and 4 cups water to a boil in a medium saucepan. Reduce heat, cover, and simmer until quinoa is tender but not mushy, about 12-15 minutes.
- Drain quinoa, return to hot saucepan, and cover. Let sit for 15 minutes then uncover, fluff with a fork, and let cool.
- Meanwhile cut squash into thin (1/8-inch) slices. Transfer to a large bowl, season with 2 tsp salt, and toss to coat. Let sit until slightly wilted, about 15 minutes.
- Rinse squash under cold water and drain well. Pat dry with paper towels then add it back to the same large bowl.
- Whisk grated parmesan cheese, zest, juice, and vinegar in a medium bowl. Gradually whisk in oil. Season dressing with salt and pepper.
- To squash, add quinoa, parsley, walnuts, and basil. Stir to combine. Pour dressing over salad and toss to coat. Garnish with shaved parmesan.

*Tips from the Test Kitchen: Stretch this salad further by putting individual servings on top of fresh spinach or other greens.*

**Nutritional Facts (Per Serving):** Calories: 291, Carbohydrates: 20 grams, Protein: 7 grams, Total Fat: 22 grams, Saturated Fat: 3 grams, Cholesterol: 2 mg, Sodium: 198 mg, Fiber: 4 grams, Total Sugars: 3 grams.