

Summer Couscous Quinoa Salad

Recipe by: Justin Rutledge, Director of Culinary and Dining Operations, The Lakeshore
Approximately 2-4 servings

INGREDIENTS

For step 1

- 15 cloves garlic, peeled and halved lengthwise
- 2 medium red bell peppers, seeded and julienned
- 2 Tbsp. extra virgin olive oil
- ½ tsp. kosher salt
- ½ tsp. freshly ground black pepper

For the salad

- 2 ½ cups water
- 1 Tbsp. extra virgin olive oil
- 1 ½ tsp. kosher salt
- 1 cup uncooked Israeli couscous
- ½ cup red quinoa, rinsed
- 2 large tomatoes, diced into 1-inch pieces
- 2 cups arugula
- 1 cup fresh pineapple, cubed
- ½ cup fresh peas, shelled
- ½ cup feta cheese, crumbled
- ½ cup sunflower kernels, toasted
- ¼ cup fresh parsley, minced

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INGREDIENTS

For the dressing

¼ cup extra virgin olive oil

3 Tbsp. balsamic vinegar

2 tsp. honey

1 tsp. lemon zest, grated

½ tsp. kosher salt

½ tsp. freshly ground black pepper

PREPARATION

Step 1

Preheat oven to 425°. Toss together garlic, sweet peppers, oil, and salt and pepper. Transfer to a parchment-lined sheet pan. Roast until garlic is dark golden brown, about 15 minutes. Transfer to a large bowl.

Step 2

While the garlic and peppers are roasting, combine water, oil, and salt in a small saucepan and bring to a boil. Stir in couscous and quinoa. Reduce heat and cover; let simmer for 15 minutes or until liquid is absorbed. Remove from heat; let stand, covered, 5 minutes.

Step 3

Transfer the couscous and quinoa to the roasted pepper and garlic mixture. Stir in the remaining salad ingredients. In a small bowl, whisk dressing ingredients until blended. Pour over salad; gently toss to coat.