

Citrus-Basil Quinoa Salad with Grilled Scallops
(TOFU is an easy substitute for scallops)
(serves 4)

1 1/2 C dried quinoa
3 C chicken stock or water
2 T olive oil
12 medium sized fresh scallops
1 orange - zest and juice
1/2 lemon - juice
1 1/2 C romaine thinly sliced
1 C cherry tomato halved (or chopped plum tomatoes)
2 T chopped pine nuts
3 T chopped parsley and basil
1 T chopped thyme
S and P to taste

1. Bring chicken stock or water and quinoa to a boil, reduce heat to a simmer and cook for 15 minutes or until fully cooked.
2. Drizzle scallops with olive oil and season with salt and pepper. Grill or broil scallops until firm (2-3 minutes on each side). Remove scallops and squeeze fresh lemon on top.
3. Fluff the quinoa (raking the grain gently) with fork until grains are separated.
4. Add romaine lettuce, tomatoes, pine nuts, herbs, and orange zest and TASTE. Place quinoa in bowl and top with scallops. Finish with a squeeze of fresh orange juice.