

Quinoa with Black Beans and Hominy



Recipe courtesy of Giada at Home

Show: Giada at Home Episode: Book Club: Chapter 2

Level: Easy

Total: 40 min

Prep: 10 min

Inactive: 10 min

Cook: 20 min

Yield: 4 to 6 servings

Ingredients:

Quinoa:

- 1 1/2 cups quinoa
- 2 cups low-sodium chicken broth
- 1/2 teaspoon kosher salt
- Zest of 1 large lemon

Dressing:

- 1/4 cup grapeseed oil
- 3 tablespoons agave nectar
- 2 tablespoons fresh lime juice (from about 2 large limes)
- 1 tablespoon apple cider vinegar
- 1 tablespoon ground cumin
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Two 15-ounce cans hominy, rinsed and drained
- One 15-ounce can black beans, rinsed and drained
- 1/4 cup chopped fresh cilantro
- Kosher salt and freshly ground black pepper
- 1 head butter lettuce, leaves separated

Directions:

1 For the quinoa: In a 2-quart saucepan, bring the quinoa, chicken broth, salt and lemon zest to a boil over medium-high heat. Reduce the heat, cover the pot and simmer until the liquid has been absorbed and the quinoa is tender, about 20 minutes. Remove the pan from the heat and allow to rest for 10 minutes.

2 For the dressing: In a small bowl, whisk together the grapeseed oil, agave, lime juice, vinegar, cumin, salt and pepper until smooth.

3 In a serving bowl, combine the quinoa, hominy, black beans and cilantro. Add the dressing and toss until coated. Season with salt and pepper. Spoon into the lettuce leaves and serve.



Recipe courtesy Giada De Laurentiis

Easy Chickpea Salad Sandwich

Easy Chickpea Salad Sandwich is similar to a chicken salad with a lemon dijon aioli, celery and red onions. A healthy vegetarian lunch in minutes!

Yield6

Prep Time10 minutes

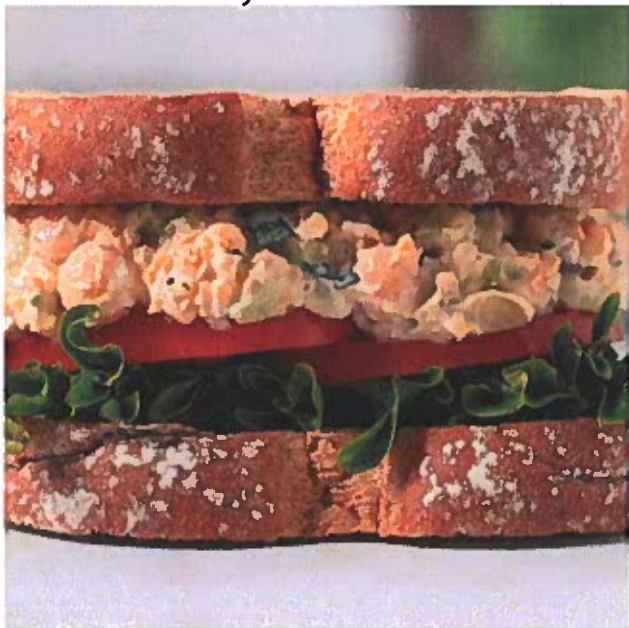
Cook Time0 minutes

Total Time10 minutes

CourseLunch

CuisineAmerican

AuthorSabrina Snyder



Ingredients

- 15 ounces chickpeas , drained and rinsed
- 1/3 cup light mayonnaise
- 1 tablespoon lemon
- 1 teaspoon dijon mustard
- 1/2 teaspoon kosher salt

- 1/8 teaspoon coarse ground black pepper
- 1 stalk celery , minced
- 1/4 cup red onion , minced
- 1 tablespoon parsley , minced

Instructions

1. Add 3/4 cup of the chickpeas, mayonnaise, lemon juice, dijon mustard, salt and pepper in a food processor and pulse until mostly creamy with some chunks remaining.
2. Add the mixture to a large bowl with the remaining 3/4 cup chickpeas, celery, red onion and parsley.
3. Toast bread, top with lettuce, slices of tomatoes and 1/2 cup of chickpea mixture.



Karen Tatarka <ktatarka@westonct.gov>

[EXTERNAL] Penzey's Texas Caviar Recipe

1 message

Robin Spath [REDACTED]
To: Karen Tatarka <ktatarka@westonct.gov>

Wed, Jun 15, 2022 at 11:39 AM

**Penzey's Texas Caviar**
keyingredient.com**MAKES:** 10 servings**INGREDIENTS**

1 15-oz can red kidney beans
1 15-oz can garbanzo beans
1 15-oz can white northern beans
1 15 oz can black beans
1 small onion, finely chopped
1/2 cup fresh cilantro (small bunch), chopped
1 16 oz bag frozen corn
1/2 cup olive oil
3/8 cup balsamic vinegar
1 teaspoon chili powder
1/2 teaspoon salt
1-2 tablespoons fresh lime juice

DIRECTIONS

Drain the beans well, rinse and drain again. Combine them in a mixing bowl.

Add the onion, corn and cilantro and mix well.

In a separate bowl, combine the dressing ingredients and mix well. Add dressing to taste; mix well.

Cover and chill overnight.

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into MealBoard*

Ramen Noodle Salad

4.86 from 97 votes

Sweet, tangy, crunchy ramen noodle and cabbage salad is a great side dish for potlucks or a weeknight dinner any day of the week.

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Prep Time: 15 mins

Total Time: 15 mins

Servings: servings

Cook Mode Prevent your screen from going dark

Ingredients

- 2 tablespoons butter
- 3 ounce package ramen noodles, seasoning packet removed
- 1/2 cup slivered almonds
- 3 tablespoons sesame seeds
- 1 1/2 lbs Napa cabbage, about 8-10 cups shredded
- 1 bunch green onions, sliced thin, about 1/2 cup

Dressing Ingredients

- 1/2 cup light flavored olive oil
- 1/4 cup plain white vinegar
- 1/2 cup white sugar
- 2 tablespoons low-sodium soy sauce

Instructions

1. To make the dressing: Combine the oil, vinegar, sugar, and soy sauce in a jar and shake until the sugar has dissolved.
2. Melt the butter in a large skillet over medium heat. While the butter is melting, crush the ramen noodles while still inside the package. Remove the seasoning packet and throw away (or set aside for later use). Add the noodles, almonds, and sesame seeds to the melted butter in the skillet.
3. Saute while stirring frequently, until the noodle mixture is golden brown. Remove to a plate and let cool.
4. Shred the cabbage and combine the cabbage and onions in a large mixing bowl. Add the noodle mixture. Pour the dressing over the salad and toss well to combine. Serve immediately.

Notes

This is not a make-ahead salad. I like to make the dressing in advance and then add the noodles and dressing to the cabbage right before serving. I will happily eat any leftovers, but the noodles will be softer and for what it's worth, it isn't quite as lovely as when freshly made.

The original directions for the dressing were as follows: Combine the oil, vinegar, sugar, and soy sauce in a medium saucepan. Stir and bring to a boil. Remove from the heat after boiling. Let the dressing cool completely before pouring it over the salad.