

# Herbal Legacy Recipes

## Quinoa and Cranberry Bean Salad

### Ingredients:

- 1 1/2 cups dried cranberry beans, rinsed and soaked overnight
- 1 Tbs. plus 1/4 cup olive oil
- 1/2 yellow onion, diced
- 1 tsp. minced garlic
- 1 cup black quinoa, rinsed and drained
- 1 1/2 cups chicken or vegetable broth
- 3 Tbs. fresh lemon juice
- 1 cucumber
- 1/2 cup finely chopped fresh flat-leaf parsley
- 1/2 cup crumbled feta cheese (optional)
- Kosher salt and freshly ground pepper, to taste

### Directions:

Drain beans and rinse with cold water. Place in a large saucepan and add water to cover by 3 inches. Bring to a boil over medium-high heat, reduce the heat to medium-low and simmer, uncovered, until the beans are tender, 35 to 45 minutes - Do NOT overcook the texture of the beans is very noticeable (too mushy). Drain beans; set aside.

Meanwhile, in a large saucepan over medium heat, warm the 1 Tbs. olive oil. Add the onion and cook until translucent. Add garlic, add the quinoa and cook (stirring frequently) until lightly toasted, about 2 minutes. Add the broth, increase the heat to medium-high and bring to a boil. Reduce the heat to medium-low, cover and simmer until the liquid has been absorbed, about 45 minutes.

Remove the pan from the heat and let stand, covered, for 5 minutes. Transfer contents (quinoa) to a large bowl and fluff with a fork. Let cool, stirring occasionally, about 30 minutes. In a small bowl, whisk the lemon juice and the 1/4 cup olive oil. Pour over the quinoa and stir until incorporated. Stir in the cranberry beans, cucumber, parsley, cheese (optional), salt and pepper. Serves 4 to 6

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