Quinoa Salad with Fava Beans

NIBBLEDISH CONTRIBUTOR

Ingredients

1 cup quinoa
2 cups fresh shelled fava beans
2 cups diced eggplant
2 cups diced zucchini
1 cup diced onion
2 cloves minced garlic
olive oil
1 teaspoon lemon juice
1/2 cup chopped dill
1/2 cup chopped toasted walnuts
salt
pepper

Instructions

Quinoa
Soak quinoa for 15 mins in cold water. Drain and Rinse.
Place in medium pot with 1 1/2 cups water and 1/2 teaspoon salt.
Bring to boil, reduce heat to simmer, cover and cook for 15 minutes.
Remove from heat, fluff quinoa with fork, recover and let stand for 5 minutes.
Transfer cook quinoa to a large salad bowl to cool.

Fava Beans

Bring medium pot of water to boil. Salt generously. Add shelled fava beans and boil for 3 minutes. Drain and place into ice bath. Once cool, remove the second skin, exposing the green bean inside.

Additional Vegetables
Saute onions in olive oil (start with 3 tablespoons) for 5 minutes. Add garlic, eggplant, and zucchini. Add a little more olive oil to ensure vegetables don't stick to fry pan and caramelize. Saute on medium heat until vegetables are soft. Season with salt and pepper. Cool.

Assembly
To bowl of quinoa add sauteed vegetables and fava beans. Add 3 addtional tablespoons olive oil, lemon juice, fresh dill, toasted walnuts, salt and pepper.