



# 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

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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 additional tablespoons olive oil, lemon juice, fresh dill, toasted walnuts, salt and pepper.