



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Toasted Quinoa Salad with Scallops & Snow Peas

- 12 Ounces dry sea scallops, cut into 1/2-inch pieces, or dry bay scallops
- 4 Teaspoons reduced-sodium tamari, or soy sauce, divided
- 4 Tablespoons plus 2 teaspoons canola oil, divided
- 1 ½ Cups quinoa, rinsed well (see Tip)
- 2 Teaspoons grated or minced garlic
- 3 Cups water
- 1 Teaspoon salt
- 1 Cup trimmed and diagonally sliced snow peas, (1/2 inch thick)
- 1/3 Cup rice vinegar
- 1 Teaspoon toasted sesame oil
- 1 Cup thinly sliced scallions
- 1/3 Cup finely diced red bell pepper
- ¼ Cup finely chopped fresh cilantro, for garnish

- 1) Toss scallops with 2 teaspoons tamari (or soy sauce) in a medium bowl. Set aside.
- 2) Place a large, high-sided skillet with a tight-fitting lid over medium heat. Add 1 tablespoon canola oil and quinoa. Cook, stirring constantly, until the quinoa begins to color, 6 to 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Add water and salt and bring to a boil. Stir once, cover and cook over medium heat until the water is absorbed, about 15 minutes. (Do not stir.) Remove from the heat and let stand, covered, for 5 minutes. Stir in snow peas, cover and let stand for 5 minutes more.
- 3) Meanwhile, whisk 3 tablespoons canola oil, the remaining 2 teaspoons tamari (or soy sauce), vinegar and sesame oil in a large bowl. Add the quinoa and snow peas, scallions and bell pepper; toss to combine.
- 4) Remove the scallops from the marinade and pat dry. Heat a large skillet over medium-high until hot enough to evaporate a drop of water upon contact. Add the remaining 2 teaspoons canola oil and cook the scallops, turning once, until golden and just firm, about 2 minutes total. Gently stir the scallops into the quinoa salad. Serve garnished with cilantro, if desired.

