



# MEDITERRANEAN VEGETABLE SALAD WITH PRESERVED LEMON DRESSING

## WHAT YOU NEED

8 ea. Eggs, large  
 1 cup Red quinoa  
 1 pint Cherry tomatoes

### Preserved Lemon Vinaigrette

2 Tbsp. Shallot, minced  
 ¾ cup Olive oil  
 2 Tbsp. Lemon, juice of  
 2 Tbsp. Apple cider vinegar

1 tsp. Dijon mustard  
 2 tsp. Honey  
 ¼ tsp. Chile de arbol, seeded, crushed  
 2 Tbsp. Lemon, zest of Preserved lemon peel, minced  
 1 cup Dried cherries, plumped in hot water  
 1 cup Mint, stemmed

2 cups Arugula, stemmed  
 2 cups Watercress, stemmed  
 1 cup Almonds, toasted  
 1½ cups White beans, drained and rinsed  
 2 ea. Avocado, pitted and cubed  
 as needed Fresh ground black pepper



**Cook Time:** 25 to 35 minutes  
**Makes:** 8 portions

## HERE'S HOW

- For the hard boiled eggs:* Place eggs in a medium heavy saucepan. Add water to cover by 2-inches. Bring to a boil; immediately remove from heat. Cover and let stand for 10 minutes. Transfer eggs to a bowl of ice water to cool. Gently crack the eggs and peel in a bowl of cold water.
- For the quinoa:* Bring quinoa, ½ teaspoon kosher salt, and 2 cups water to a boil in a medium saucepan. Cover, reduce heat to low, and simmer until quinoa is tender, 8–10 minutes. Remove pan from heat and let sit 15 minutes. Fluff quinoa with a fork; transfer to a large bowl.
- For the cherry tomatoes:* Prepare a grill for medium-high heat. Grill tomatoes turning occasionally, until charred in spots and tomatoes begin to split, 6–8 minutes. Remove and cool to room temperature.
- For the lemon vinaigrette:* Purée shallot, oil, lemon juice, vinegar, mustard, honey, and chile in a blender until smooth. Place in a bowl and add the lemon zest, preserved lemon; mix to combine.
- Assembly:* Cut the hard boiled eggs into little wedges. Drain the cherries. In a small bowl, add the mint, arugula, watercress, and dried cherries and toss with enough vinaigrette to coat. Mound some of the salad onto cold plates, and then sprinkle with the toasted almonds. Arrange the hard boiled eggs, cherry tomatoes, quinoa, white beans, and diced avocado artfully on top of the salad. Season with black pepper. Drizzle with more vinaigrette and serve.

**NUTRITION INFORMATION PER SERVING:** Kcal: 350; Total fat: 18 g; Saturated fat: 3 g; Carbohydrate: 33 g; Fiber: 8 g; Protein: 16 g; Cholesterol: 190 mg; Sodium: 250 mg



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The Mediterranean-style diet is considered by many as the healthiest diet on the planet.<sup>5</sup> In fact, it's less of a diet and more of a lifestyle, where good taste meets good health. Plant foods, olive oil and other healthy fats take center stage, along with delicious flavors and traditions. Not well known is that eggs have long been enjoyed through the Mediterranean region and are considered part of the eating plan, just like seafood and chicken. Such foods contribute valuable nutrients, such as high-quality protein and many vitamins and minerals not found in other foods. And you don't need to live along the Mediterranean to adopt the lifestyle. You can find everything you need to bring the Mediterranean Diet to your own table at your local supermarket.



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