



Harveys Supermarkets

## Blueberry Summer Salad



### Ingredient List

1/2 cup quinoa (rinsed well)  
(quinoa substitutes: orzo or other pasta, rice, bulger wheat, etc.)  
1 cup chicken broth  
3 ears of corn  
1 cup blueberries  
1 cup cherry or grape tomatoes, halved  
1/2 cup chopped cucumber  
3 tbsp. chopped parsley  
1 tbsp. chopped basil  
1/2 to 1 jalapeno, minced

### FOR THE DRESSING:

1 tsp. lemon zest , 4 tsp. lemon juice, 3 tsp. olive oil, 2 tsp. honey, salt & pepper

### Directions

Rinse your quinoa very well in a fine mesh sieve under cold running water. Add the quinoa and chicken broth to a small saucepan and bring it to a boil. Place a lid on top and turn the heat to low. Let the quinoa cook for 12-15 minutes, until the broth is absorbed and the quinoa is tender and fluffy. Do not stir it yet. Turn off the heat and put a paper towel under the lid for 1-2 minutes. Then fluff the quinoa with a fork and let it cool completely.

Clean the ears of corn and set them in a stockpot of water. Turn the water on high and when it reaches a boil, remove the corn and rinse with cold water. Once the corn has cooled remove it from the kernel.

To make the dressing: combine the lemon zest and juice; olive oil, salt and pepper (to taste) in a bowl and whisk to combine. Set aside.

Combine cooled corn, blueberries, tomatoes, cucumber, parsley, basil, jalapeno (to taste, depending on the amount of heat you desire) and cooled quinoa in a large bowl. Whisk the dressing again and then toss the salad and dressing together. Sprinkle with more salt, to taste. Enjoy!

Serve with BBQ, grilled shrimp, chicken or steak. Refrigerate when not serving.