

## CAPONATA QUINOA SALAD

### Ingredients:

- 3 tbs olive oil
- 3 small eggplants cut in 1/2" dice
- 2 medium sweet peppers, thin sliced
- 3 tbs capers
- 1 large tomato, diced
- 1/2 red onion, thinly sliced
- 2 tbs chopped Footprints Edibles Genovese basil
- 1/4 cup chopped Footprints Edibles Splendid flat parsley
- 3 cups cooked red quinoa
- 2 cloves garlic, minced
- 1/3 cup red wine vinegar
- 1 tsp Dijon mustard
- 2/3 cups olive oil - the good stuff!

Serves 6-8

- Warm 2 tbs oil in 12" skillet over med heat. Cook eggplant until lightly browned on all sides. Reduce heat to med-low and cook until fork tender. Remove from pan.
- Warm 1 tbs oil over med heat and add peppers. Cook until tender, about 5 minutes. Add capers and cook until fragrant, 1 minute longer.
- Toss together eggplant, peppers, tomato, onion, Footprints Edibles basil and parsley.
- Sprinkle minced garlic with coarse salt and mash into a paste on your cutting board using the flat edge of your knife.
- Whisk together garlic, vinegar and mustard.
- Drizzle oil into vinegar, while whisking, to form a creamy emulsion.
- Dress salad and serve over quinoa.



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