

Quinoa Cakes and Red Lentil Dal

For dinner tonight, you'll make quinoa cakes surrounded by a brightly flavored dal (soft-cooked lentils). A green salad with Satsuma orange sections accompanies. This is a comfort-food meal inspired by a number of cultures.

Red lentils featured in this recipe are split and will cook a little faster than green or brown lentils.
Preparation Time: 60 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients before you begin. There are two different onion preps in today's recipe: 1 C. chopped red onions in the lentils and 2/3 C. chopped green onions in the Quinoa Cakes. The African Spice Mix should be leftover from previous recipes. You'll need ramekins or baking cups for the quinoa cakes.

Quinoa Cakes

1 C. quinoa
plus
2 C. water
1/2 cube Not Chicken Bouillon

1 red potato (diced)
1 tsp. butter

2/3 C. green onions (chopped)
2 T. lemon juice
1/2 C. fresh cilantro (chopped)
2 egg whites
2 T. shredded Parmesan cheese
1/2 tsp. black pepper

Red Lentil Dal

2 tsp. olive oil
2 cloves garlic (smashed and chopped)
1 C. red onion (finely-chopped)
2/3 C. celery (finely-chopped)

1 C. red lentils (rinsed)
2-1/2 C. water
1/2 cube Not Chicken Bouillon

2/3 C. sun-dried tomatoes (drained and chopped)
1/2 C. white wine
2 tsp. African Spice Mix (leftover from previous recipes (or see Tips and Timesavers)

1/2 C. fresh cilantro (chopped)
juice from 1/2 of a lime

2 tsp. crumbled feta cheese

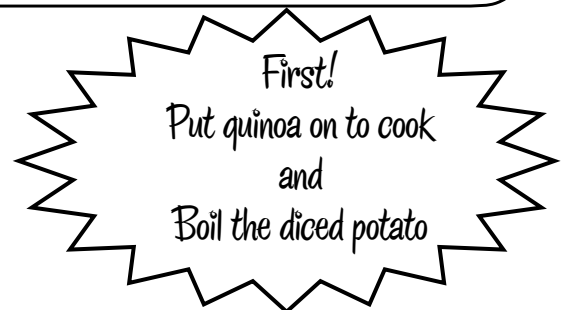
Salad and Dressing

Dressing:

1 tsp. sesame oil
2 tsp. canola oil
1/4 tsp. garlic powder
1/4 tsp. onion powder
1 tsp. Prepared mustard
1 tsp. low-sodium soy sauce
2 T. rice wine vinegar
1/2 tsp. honey
1/3 C. low-sodium vegetable broth

Salad:

4 red lettuce leaves
2/3 C. cucumber (peeled and chopped)
8 cherry tomatoes (halved)
1 Satsuma orange (peeled and sectioned)



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Quinoa: Bring quinoa, water and 1/2 cube Not Chick'n Bouillon to a hard boil. Stir well and turn off heat. Cover and leave on burner as it cools.

Potato: Bring 1 C. water and diced potato to a boil, reduce heat to medium-low and cook 7-10 minutes until tender. Pour off cooking water and mash with butter while warm. Set aside.

Red Lentil Dal

1. Lightly brown garlic, onions and celery in olive oil in a large saucepan.
2. Add washed lentils, water, Better Than Bouillon Base and sun-dried tomatoes. Bring to boil, reduce heat to low and cook 25 minutes.
3. After 25 minutes add wine and African Spice. Cook an additional 5 minutes. Add cilantro and lime juice. Turn off heat. Stir occasionally.

(The red lentils will break down forming a thick stew of lentils that will be spooned around the quinoa cakes.)

Quinoa Cakes

Preheat oven to 375°.

1. Measure 2 C. cooked quinoa into a medium sized bowl with mashed potatoes, green onions, lemon juice and cilantro. Mix well.
2. Lightly whip egg whites and stir into quinoa mixture along with Parmesan, and pepper.
3. Press 3/4 C. servings of well-mixed quinoa mixture into well-oiled, straight-sided ramekins.
4. Microwave 4 minutes. Allow to cool 5 minutes. Remove cakes from ramekins and place on an oiled metal baking pan. Fill 1 ramekin with water and place in pan with cakes. Cover the pan and slide into preheated oven for 15 minutes.

Salad/Dressing/Plate the Meal

1. Place dressing ingredients in a container with a tight-fitting lid, shake well and set aside.
2. Put all salad ingredients, except orange sections, in a large bowl. Toss well. Divide between individual salad plates and arrange orange sections over salads. Drizzle each serving with a couple teaspoons of dressing.

Plate the meal. Place one quinoa cake, with the browned side up, in the center of each serving plate. Spoon dal around the cake. Sprinkle with crumbled feta cheese.

What I've Learned from this Recipe

Dal basically refers to lentils or split pea dishes in India. They can take on many forms and often are spiced with a favorite masala. Tonight's dal is more of a savory version that gets its flavor from leftover African Spice Mix, cilantro and lime juice.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com