



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

PESTO ZUCCHINI AND CORN QUINOA SALAD

1 cup quinoa, rinsed	Salt and pepper to taste
1 ¾ cups water or broth	1 (15 ounce) can of chickpeas, rinsed and drained
1 tablespoon olive oil	¼ cup green onions, sliced
2 cloves garlic, chopped	¼ cup pine nuts, toasted
4 cups zucchini (2 medium sized zucchini), diced	½ cup basil pesto (homemade or store bought)
1 cup corn, fresh or frozen	2 tablespoons lemon juice

1. Bring the water and quinoa to a boil, reduce the heat and simmer, covered, until the quinoa is tender and has absorbed the water, about 15 minutes.
2. Remove from heat and let set for 5 minutes, covered.
3. Meanwhile, heat the olive oil over medium high heat. Add the garlic, zucchini, and corn and cook until tender, about 12 minutes. Before removing from heat, season with salt and pepper to taste.
4. Mix the quinoa, garlic, zucchini, corn, chickpeas, green onions, pine nuts, basil pesto and lemon juice.
5. Optional: Garnish with grated/shredded parmesan.