



FUSTINI'S[®]

Caponata Quinoa Salad

Ingredients

- 1 1/2 cups red quinoa
- 2 cups water
- 3 tablespoons [Fustini's Tuscan Herb olive oil](#), divided
- 3 small eggplants, cut 1/2" dice
- 2 medium sweet peppers, thinly sliced
- 3 tablespoons capers
- 1 large tomato, diced
- 1/2 red onion, thinly sliced
- 2 tablespoons chopped basil
- 1/4 cup chopped parsley
- 2 garlic cloves, minced
- 1/3 cup red wine
- 1 teaspoon Dijon mustard
- 2/3 cups [Fustini's Medium SELECT olive oil](#)

Sharon's Hint

Substitute your favorite herb-infused olive oil or preferred balsamic for the red wine.

Directions

Step 1.

Rinse quinoa under running water. Place quinoa in a small saucepan with water and a pinch of salt. Cover and bring to boil over high heat. Reduce to low and cook until water is completely absorbed, leaving steam vents on the surface of the quinoa, for about 15 minutes. Remove from heat and let sit, covered, for 15 minutes longer. Cool to room temperature.

Step 2.

Warm 2 tablespoons of olive oil in a 12" skillet over medium heat. Cook eggplant until lightly browned on all sides, then reduce heat to medium-low and cook until fork tender. Remove from the pan. Warm 1 tablespoon over medium heat, add peppers and cook until tender, for 5 minutes. Add capers and cook until fragrant, 1 minute more.

Step 3.

In a large bowl, combine reserved eggplant and peppers with tomato, onion, basil and parsley. Sprinkle minced garlic with coarse salt and mash into a paste on your cutting board with the flat side of your knife.

Step 4.

Whisk together garlic, wine and mustard. Drizzle SELECT olive oil into the mixture while whisking to form a creamy emulsion. Dress the salad and serve over quinoa.