

Goosefoot and Cheese Salad

- 1½ C goosefoot seeds
- 3 tomatoes, diced
- ¼ C olives, sliced
- ¼ C lemon or lime juice
- ¼ C olive oil
- salt and pepper
- parsley or cilantro
- ½ C feta or blue cheese

1. Rinse the goosefoot seeds (or *quinoa*) in a strainer under cold water until the water runs clear.
2. Place the rinsed seeds in a pot and cover with about three inches of cold salted water.
3. Cover and cook over medium-high heat for about 15-20 minutes or until the outer seed casings pop.
4. Strain the cooked seeds and cool them in a bowl for at least 45 minutes.
5. Add the tomatoes and olives to the cooled seeds and stir gently.
6. Add the lemon or lime juice, olive oil, and salt and pepper to taste. Stir gently.
7. Toss the mixture with chopped parsley or cilantro, if desired. Refrigerate.
8. Crumble the cheese over the mixture before serving.



recipe adapted from www.chow.com

Goosefoot with Spinach, Tomatoes and Mushrooms

- 1 C goosefoot seeds
- 1 C olive oil
- 4-5 cups baby spinach
- 2 C mushrooms, sliced
- 1 tbsp minced garlic
- 1 large tomato, chopped
- ¾ C parmesan cheese
- salt and pepper

1. Rinse the goosefoot seeds (or *quinoa*) in a strainer under cold water until the water runs clear.
2. Place the rinsed seeds in a pot and cover with about three inches of cold salted water.
3. Cover and cook over medium-high heat for about 15-20 minutes or until the outer seed casings pop.
4. While the goosefoot is cooking, sauté the spinach, portobello or button mushrooms, and garlic in olive oil for about 8 minutes, seasoning with salt and pepper to taste.
5. Strain the cooked seeds and combine them with the sautéed vegetables.
6. Gently toss in the chopped tomatoes.
7. Top with freshly grated or canned parmesan cheese.



recipe adapted from and image of dish (served with roasted potatoes) from www.anomnivoresquest.wordpress.com

Tempura Goosefoot Greens

- 12-15 goosefoot tops
- 1 C wheat flour
- 1 ½ C water
- 1 tbsp Italian seasonings
- salt and pepper
- ½ C vegetable oil

1. Snap the top ¾-inch from 12-15 branches (stem, leaves, and flowers) of a young goosefoot plant.
2. Rinse the greens with water in a strainer, blanch them, and drain on paper towels for about one hour.
3. In a small bowl, mix the flour, water, herbs, and salt and pepper to taste into a thin batter.
4. Dip the greens in the batter and fry with hot oil in skillet about 1-2 minutes per side.
5. Place the fried greens on a paper towel to drain excess oil.
6. Serve hot with salsa, chutney, or cocktail sauce for dipping.



recipe adapted from and image from www.atomicshrimp.com

***Quinoa* is a form of goosefoot available at major groceries, health food stores, and Mexican/Hispanic groceries.**

Rinsing and blanching are important to remove mild toxins prior to consumption.