

## THE KITCHEN

## SOUTHWESTERN QUINOA SALAD

Fuad Al Qudsi, FuadFit



2 tablespoons olive oil  
 1 tablespoon honey  
 1 teaspoon chili powder  
 1/2 teaspoon cumin  
 1/2 teaspoon salt  
 1/4 teaspoon freshly ground black pepper

Heat the olive oil in a medium saucepan over medium heat. Add the garlic and sauté and stir until fragrant, about one minute. Add the quinoa and vegetable broth or water, and bring to a boil. Reduce the heat, cover, and simmer until the liquid has been absorbed, about 12-15 minutes. Remove from the heat.

While the quinoa cooks, prepare the lime vinaigrette. In a small bowl or jar, combine the dressing ingredients. Whisk or shake until well combined.

Transfer the cooked quinoa to a large bowl and stir in black beans, cherry tomatoes, bell pepper, cilantro and parmesan cheese. Add the dressing and stir gently to combine.

Serve salad warm or cold, with 1/2 avocado, sliced, per serving.

## Chef Bio



**FUAD AL Qudsi** is a registered dietitian and nutritionist and a certified fitness trainer, but above all, he is a food enthusiast. Growing up in Saudi Arabia in a family that loved to cook influenced his connection with what people eat from a young age.

Even though he was interested in food and nutrition, his professional path took a different turn when he obtained a degree in geology and worked as an environmental engineer. Twenty years ago, when he moved to San Francisco, he decided to become a certified personal trainer. His interest in healthy, tasty food grew, prompting him to pursue and acquire a degree in nutrition and dietetics.

In the summer of 2020, Al Qudsi relocated from the San Francisco Bay Area to Carmel. He is the founder of FuadFit, a private practice for nutrition counseling with an emphasis on geriatric nutrition.

**QUINOA IS** a nutty-tasting, toothsome grain that comes from South America, where scholars believe the Incans began cultivating it 3,000 to 5,000 years ago. However, its popularity in recent years has grown rapidly, largely because of its exceptional nutritional value. A 1-cup serving provides 222 calories, with 8 grams of protein (a little more than an egg), 5 grams of fiber (about 18 percent of the recommended daily value for adults) and a healthy amount of B vitamins, including folate, riboflavin and thiamine.

Preparation is simple, and Chef Fuad Al Qudsi, owner of FuadFit, a local nutrition counseling service, provided a recipe for a hearty salad featuring the grain. He noted that 1 cup of uncooked quinoa yields 3 cups cooked, and said that the salad can be served warm or cold and will keep for three to four days in the refrigerator.

Serves 6 • Serving size: 1 cup

## Ingredients:

2 teaspoons olive oil  
 2 cloves garlic, minced  
 1 cup quinoa, thoroughly rinsed and drained  
 1 3/4 cups low-sodium vegetable broth or water  
 1 15-ounce can black beans, rinsed and drained  
 1 cup cherry tomatoes, halved  
 1 red bell pepper, seeded and chopped  
 3 tablespoons minced fresh cilantro  
 1/2 cup shredded parmesan cheese  
 3 avocados, halved

For the lime vinaigrette:  
 3 tablespoons fresh lime juice



**DORITY ROOFING**  
**SOLAR**

Roofing & Solar Perfected  
 Lic. #728609

(831) 375-8158

www.dorityroofing.com

## BAY PHYSICAL THERAPY

Services we offer:

- Sports Rehabilitation
- Women's Health Services
- Pre/Post-op Rehabilitation
- Balance Training/Fall Prevention
- Vestibular Rehabilitation
- Work Injury Recovery
- Older Adult Physical Therapy
- Personalized Fitness Training



At Bay Physical Therapy we work with you to get you back to doing what you love by offering you a personalized plan of care tailored to your goals. Each of our Physical Therapists have earned their Doctorate in Physical Therapy and are passionate about what they do, keeping our clinic fun and effective. Choose us and #choosmovement.

500 Lighthouse Ave, Ste B, Monterey

P: 831-375-5909

www.bayphysicaltherapy.com

