

Women's Health

QUINOA SALAD FOR RUNNERS

Fuel Your Fitness: Warm Quinoa Salad

One chef shares his favorite way to fuel up before a marathon



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If you've signed up for one of the hundreds of marathons taking place this fall, your training runs aren't the only things that'll help get you to the finish line. Eating right—especially in the days leading up to the race—is also key to performing your best. Just in time for the fall race season, chefs across the U.S. are offering up recipes that'll help you go the distance. We'll be sharing one each week. Check out the first recipe, courtesy of chef Ray Garcia of [FIG](#) in Santa Monica, California:

Warm Quinoa Salad with Orange-Blossom Vinaigrette

Created by chef Ray Garcia of [FIG](#) in Santa Monica, California

serves 4

"This is the perfect dish to prepare for and recover from long, strenuous runs. The protein-packed quinoa is full of energizing complex carbs, and the squash is full of antioxidants that protect runners from free radicals."

Ingredients:

1 cup orange juice

¾ cup orange blossom honey

½ cup white balsamic vinegar

1 cup olive oil

½ cup red quinoa, uncooked

1 cup vegetable stock

1 sprig rosemary

¼ cup butternut squash, peeled and cut into ½-inch cubes

½ granny smith apple, diced

¼ cup Swiss chard, sautéed until wilted

¼ cup green beans, blanched (to blanch, submerge beans in boiling water for 3 minutes with lid on the pot, then transfer to a bowl of ice water to stop the green beans from cooking further)

2 tablespoons toasted slivered almonds

Directions:

1. Heat orange juice in a pan, and bring to a boil. Reduce heat to medium and simmer, stirring often, until orange juice has a syrupy consistency and has reduced to $\frac{1}{2}$ cup, about 15 minutes.
2. When orange juice has cooled, stir in the honey, balsamic vinegar, and olive oil. Set aside.
3. Cook quinoa in vegetable stock according to instructions on package, adding a sprig of rosemary while cooking. When cooked, drain the quinoa and toss with 1 teaspoon olive oil.
4. Meanwhile, spread butternut squash on a baking sheet and roast at 350 degrees for 15 minutes, or until tender.
5. Heat apples, Swiss chard, and green beans for two minutes over medium heat in a sauté pan. Don't overcook the mixture—apples should remain crunchy.
6. Toss roasted squash and sautéed ingredients with quinoa, and dress with vinaigrette.
7. Garnish with toasted slivered almonds.