



SUMMER STRAWBERRY QUINOA SALAD

INGREDIENTS

- 1/2 Cup Quinoa
- 1 Cup Vegetable Stock
- 2 Cups Strawberries **#1**
- 1 Tomato **#2**
- 1/2 Cucumber **#3**
- 1/2 Cup Mint **#4**
- 1/2 Cup Basil **#5**
- 1 Cup Arugula **#6**
- 3 tbsp. Lemon Juice
- 1/4 Cup Olive Oil
- 1 tbsp. Honey **#7**

DIRECTIONS

1. Cook quinoa and vegetable stock in a medium saucepan, covered, over low heat until all liquid has been absorbed, about 20 minutes. Once done, fluff with fork and chill quinoa while you prep the rest of the ingredients.
2. Slice strawberries into circle shapes. Cube tomato into 1/2" cubes. Slice the cucumber lengthwise and slice into half-moons. Tear mint and basil by hand. Add strawberries, tomatoes, cucumbers, mint, basil, arugula, and quinoa to a bowl and set aside. In a separate bowl, whisk lemon juice, olive oil, honey, and a pinch of salt together. Pour over vegetable mix. Toss together and serve immediately.

SCAVENGER HUNT

Try this scavenger hunt for ingredients to make Summer Strawberry Quinoa Salad. Visit the vendors below at the OSU-OKC Farmers Market at Scissortail Park. Match the number by their name with the number on the ingredient list. Get all seven ingredients, and you're done! When you're done, tag us on social with a picture of your family to receive a shout out! It's great way to support local farmers who helped create this recipe.

#1

Strawberries

The Farm on Fish Market
Wanette, OK

#2

Specialty Tomatoes

Huffman Family Farm
Choctaw, OK

#3

Cucumbers

Crow's Vegetable Farm
Shawnee, OK

#4

Mint

Vertical Life FARM
Oklahoma City, OK

#5

Basil

A+H Urban Farm
Oklahoma City, OK

#6

Arugula

The Looney Farm
(certified naturally grown)
Alex, OK

#7

Honey

Hall's Beekeeping
Yukon, OK