



Hi from Community Kitchens , we hope you are enjoying your summer inspite of the weather. Most of our kitchens have closed until September with the exception of The Chili Peppers in lake Cowichan and the Warmland Kitchen in Duncan. The Chili Peppers were looking forward to preparing salads and other cold dishes that we don't usually prepare during the year but with the cool weather in July we pretty much cooked the usual with only one salad recipe. Things are lookiing up however and we're hoping to make more summery fare like the quinoa and chickpea salad that I'm including in this newsletter. It was made by the Red Hot Mamas in June and I'm told it is excellent.

This recipe is very nutritious and because of its high protein content it is perfect for those hot days when you don't feel like cooking a full meal. Quinoa and chickpeas both have a high fibre content making them excellent foods for persons on a weight-loss program as they make you feel full longer to help you avoid between meal snacking (however, roasted chickpeas make a nice low calorie snack). I hope you enjoy this recipe and the rest of your summer.

QUINOA AND CHICKPEA SALAD

Serves 8

1 Cup Quinoa, rinsed in cold water, then drained well	1/3 Cup Chopped Basil
2 Cups Water	2 Garlic Cloves, minced
1 (19 oz.) Can Chickpeas, drained well	2 Tbsp. Lemon Juice
1/3 English Cucumber, diced	1/3 Cup Extra Virgin Olive Oil
12 Cherry Tomatoes, quartered	1 Tsp. Ground Cumin
125 Grams Feta Cheese, crumbled	Pinch Cayenne Pepper
	Salt and Freshly Ground Black Pepper to taste.

1. Place the quinoa and water in small to medium-sized pot and bring to a boil. Cover the pot, lower the heat to medium-low, and cook, undisturbed, 15 minutes, or until the quinoa is tender and the water has evaporated.
2. Spoon the quinoa into a salad bowl and cool to room temperature.
3. Add the remaining ingredients to the bowl, toss to coat, and the salad is ready.

Note: This salad can be made a few hours before serving. Cover and refrigerate until needed. Toss again just before serving.