

T H E K I T C H E N

Terry's Restaurant + Bar Quinoa Salad

Courtesy pastry chef Joe Giordmaina

WHO HASN'T been to Terry's at the Cypress Inn for a drink, a snack or a meal? With the late Doris Day still present in spirit and a dog-friendly vibe that truly embraces customers' four-legged friends, it's a classic — dare we say quintessential — Carmel experience.

Although the menu includes some decadent offerings, like braised short ribs and a small plate that combines the richness of mozzarella's fancier cousin, burrata, with homemade basil pesto, there's also a nice swath of lighter offerings.

The quinoa salad the folks at Terry's shared with us this month is one of those dishes. Quinoa — a so-called "ancient grain" from South America — is nearly unique among its peers (barley, wild rice, wheat berries) in that it provides a complete protein, with all nine amino acids.

Aside from soy, buckwheat and hemp seed, you'd be hard-pressed to find another plant product that provides the same type of protein as fish, eggs, poultry, beef or pork.

In addition to fiber, quinoa has significant amounts of copper, manganese, magnesium and several other nutrients, all with less fat than a chicken thigh and fewer calories than a quarter-pound hamburger patty.

Of course, the salad is full of colorful vegetables, and a light vinaigrette rounds out the dish with a bit of acid and salt. You can substitute low- or nonfat feta cheese, of course, or just omit it entirely.

Oh, and that perfect disc of quinoa in the photo? If you have a ring mold, hamburger

patty ring, or large-diameter biscuit cutter, you can wipe a little vegetable oil around the inside, place it on the serving plate, firmly press the cooked quinoa into it, then gently lift it off. We've found it works best to press the quinoa in there while it's a bit warm and then remove the ring a few minutes later, as it cools and sticks together a bit better. The carrots strips shown aren't in the recipe, but make a pretty addition to the plate.

INGREDIENTS

(Serves 2-3)

- 1 cup uncooked quinoa
- 2 cups water or vegetable broth
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup diced red bell pepper
- 1/4 cup finely chopped red onion
- 1/4 cup fresh parsley or cilantro, chopped
- 1/4 cup feta cheese, crumbled (optional)
- 1/4 cup olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 clove garlic, minced
- Salt & pepper to taste

INSTRUCTIONS

For the quinoa:

Rinse the quinoa under running water in a fine-mesh strainer. In a medium saucepan, bring 2 cups of water or broth to a boil. Add quinoa, reduce to a simmer, cov-



er and cook for 15 minutes. Remove from heat, fluff with a fork and let cool.

For the dressing:

In a small bowl, whisk together olive oil, lemon juice, garlic, salt and pepper.

To finish and serve:

In a large bowl, combine cooled quinoa, cucumber, tomatoes, bell pepper, onion, and parsley. Pour dressing over and toss to combine.

Top with crumbled feta if desired. Chill for 20 minutes before serving, or serve immediately.



Peninsula Eye Care



Complete Vision Care for All Ages

Peninsula Eye Care employs the most current technology for a comprehensive eye examination, and we carry a wide selection of fashionable frame styles. If you are looking for quality eye care with a personal touch, we would be delighted to have you as a patient.

We look forward to fulfilling all of your family's eyecare needs!

As dedicated eye care professionals, we recognize the trust our patients place in us and it is our mission to meet and exceed those expectations. We invite you to come to our practice and receive the quality attention that you deserve.

Accepting New Patients

Christian Flickner, O.D. | Jennell Bockenstedt, O.D.

James Flickner, O.D. | Shadi Salsabilian, O.D | Emmeline Jang, O.D

3 CONVENIENT LOCATIONS

Monterey Optometric Center

700 Cass Street, Suite 101
Monterey, California 93940
831.641.7252 tel

Salinas Optometric Center

48 West Romie Lane
Salinas, California 93901
831.424.0834 tel

Marina Optometric Center

271 Reservation Road, Suite 202
Marina, California 93933
831.384.6800 tel

FOLLOW US ON INSTAGRAM!



Chef Bio

ORIGINALLY FROM Malta, pastry chef Joe Giordmaina has been part of the Terry's Restaurant + Lounge family at the Cypress Inn since 2005. He was professionally trained at the Sheraton Hotel in Boston, where he built a strong foundation in classic techniques.

Then, Giordmaina made his mark on the Monterey Peninsula as the owner of Joseph's Patisserie and Deli, which he operated from 1988 to 2003. There, he became well known for his pastries, breads, and deli creations, earning a loyal local following.

Giordmaina has a deep love for the intimate experience of working with guests at a small hotel, and he enjoys creating dishes that bring comfort and delight to guests.

Although he's a chef, he embraces simpler foods, too. Bread pudding is his all-time favorite dessert — something he says he could enjoy any time. For Healthy Lifestyles, Giordmaina shared a salad he loves — a refreshing option that reflects his thoughtful approach to balanced dining.

When he's not in the kitchen, Giordmaina enjoys hiking the scenic trails of Carmel Valley and Big Sur, where he finds inspiration in nature. Above all, he is passionate about his craft, his team, and the welcoming spirit that defines Terry's Restaurant + Lounge.

A TRUE CALIFORNIA OLIVE OIL EXPERIENCE



Great gift ideas

- Complimentary olive oil and vinegar tastings
- Large selection of specialty food products
- Kitchen accoutrements
- Skin care products
- Olive wood products
- Seasonal food & decor
- Cooking classes & demos



Follow us online for events, cooking demos & recipes



(831) 659-4288 | QUAILANDOLIVE.COM | 14 DEL FINO PLACE, CARMEL VALLEY