

Grilled Okra and Fresh Tomato Quinoa

1 cups quinoa
2 cups water
1 lb fresh okra
3 T olive oil, divided
1/2 tsp sea salt
2 medium-size tomatoes, seeded and chopped
3 green onions, chopped
1/4 cup fresh basil, chopped
1 T fresh lemon juice
Fresh cracked pepper to taste

Bring water and quinoa to a boil. Cover and turn down to simmer for 12-15 minutes or when water is absorbed. Transfer cooked quinoa to a large bowl.

Preheat grill to medium high heat. In large bowl, toss fresh okra with 1 tablespoon extra virgin olive oil and season with 1/4 teaspoon sea salt. Place okra on hot grill and cook for about 10 minutes turning often to grill each side. Remove okra from grill. Let cool slightly. Chop into 1/2 inch pieces.

Add extra virgin olive oil to quinoa and toss in grilled chopped okra, chopped tomatoes, green onions, chopped basil, lemon juice, 1/4 teaspoon sea salt and fresh cracked pepper to taste. Gently toss to serve.

Recipe by Garden Chef Megan McCarthy

Recipe inspired by Leek-Tomato Quinoa recipe from Charlie Trotter



ATLANTA BOTANICAL GARDEN