



# Trust Carolyn Wine Club

Recipes for pairing with Trust Carolyn  
Wine Club November 2012 Selections

[www.tastelocalwines.com](http://www.tastelocalwines.com)  
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## Quinoa with Tofu, Corn & Kale

Serves 4-6

Pair with 2009 Bedarra Reserve Chardonnay

### Ingredients:

- 2 Tbsp. extra-virgin olive oil
- Salt & Pepper
- 1 shallot, minced
- 3 cups cooked quinoa\* (see note at right)
- 1 cup corn, fresh or frozen
- 1 1/2 cups kale, tough stems removed and cut in thick slices
- 2 cups extra-firm tofu, browned in a skillet a bit
- 1/3 cup pesto (purchased or homemade)
- 1/3 cup pumpkin seeds, toasted
- 1/4 cup roasted cherry tomatoes (see note) or chopped sun-dried tomatoes in oil

In a Dutch Oven or large heavy skillet add olive oil and salt and heat over medium-high heat. Stir in the shallot and cook for 1-2 minutes. Stir in the cooked quinoa and corn and cook until hot and sizzling. Stir in the kale coating it with the oil and then add the tofu, cooking until tofu is heated through. Remove the Dutch Oven from heat and stir in the pesto and pumpkin seeds. Mix well so the pesto thoroughly. Turn everything out onto a platter and top with the cherry tomatoes (or sun dried tomatoes).

### Notes:

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#### Quinoa:

Rinse about 2 cups quinoa in a fine-meshed strainer. In a medium saucepan heat the quinoa and 4 cups water until boiling. Reduce heat and simmer until water is absorbed and quinoa fluffs up, about 15 minutes. Quinoa is done when it is tender with a bit of pop to each bite. Drain any extra water and set aside.

#### To roast cherry tomatoes:

Heat oven to 350F degrees. Cut each tomato in half and arrange in a large oven-proof baking dish or sided sheet pan. Mix together a 1-2 Tablespoons of olive oil, a teaspoon of brown sugar, and a few pinches of salt & pepper. Pour over the tomatoes and toss gently until all the tomatoes are coated, finishing with each tomato facing cut-side up. Roast in the oven 45 minutes or until the tomatoes are shrunken and sweet.

