

December Fruit – Kumquats!

Did You Know?

- The name kumquat is derived from the Chinese term *gām-gwāt*, meaning “golden orange.”
- Kumquats can be eaten like grapes (skin, seeds and all) – they taste almost like the candy, *Sour Patch Kids!*
- Kumquat plants crossed with other citrus fruit plants produce fruits called *limequats* and *orangequats*.
- Kumquats are packed with vitamin C, which is a potent antioxidant – and Fiber, which promotes healthy digestion!



Winter Quinoa Salad

- 1 ⅓ cups quinoa, rinsed
- 1 ½ cups water
- 2 kumquats - seeded and chopped
- 2 tablespoons chopped fresh cilantro
- ¼ cup olive oil
- 2 ½ tablespoons lemon juice
- ½ teaspoon kosher salt
- 1 Bosc pear - peeled, cored and chopped
- 1 cucumber - peeled, seeded and chopped
- 1 cup trimmed and coarsely chopped watercress

1. In a medium saucepan, combine the quinoa and water and bring to a boil. Simmer over low heat stirring often, until tender, about 12 minutes. Drain and cool completely.
2. In a small bowl, combine the kumquats, cilantro, olive oil, lemon juice and salt. Allow to steep for 5 minutes.
3. In a large bowl, combine the quinoa, pear and cucumber. Add the dressing and toss well. Add the watercress and toss again and serve



Kumquats on the salad bar!