



Mediterranean Quinoa Salad

Prep Time: 5 minutes **Cook Time:** 20 minutes **Total Time:** 25 minutes **Servings:** 6

A Mediterranean inspired quinoa salad with juicy tomatoes and cucumbers along with tangy red onions and salty kalamata olives and feta.

ingredients

1 cup quinoa, rinsed
 1 1/2 cups water
 1 cup tomato, sliced
 1 cup cucumber, sliced
 1/4 cup red onion, diced
 1/4 cup kalamata olives
 1/4 cup feta, crumbled
 1 (15 ounce) can chickpeas, drained and rinsed
 3 tablespoons lemon juice (~1 lemon) or red wine vinegar
 3 tablespoons extra virgin olive oil
 1/2 teaspoon oregano
 1 clove garlic, grated
 salt and pepper to taste



directions

1. Bring the quinoa and water to a boil, reduce the temperature to medium-low and simmer, covered, until the liquid has been absorbed, about 15 minutes, and let sit covered for 5 minutes before letting it cool.
2. Meanwhile, prepare the remaining ingredients.
3. Mix the quinoa, tomatoes, cucumber, red onion, olives, feta and chickpeas and toss in the mixture of the lemon juice, oil, oregano, garlic, salt and pepper.

Note: I like my quinoa to be al-dente and not mushy so I use a little less than the commonly called for 2 cups for 1 cup of quinoa; I use 1 1/2 cups of water when I rinse the quinoa and 1 3/4 cups when the quinoa is pre-rinsed.

Tip: Cook the quinoa a day ahead to save time.

Option: Add other Mediterranean inspired ingredients like roasted red peppers, sun dried tomatoes, artichoke hearts or even avocados.

Nutrition Facts: Calories 261, Fat 11g (Saturated 2g, Trans 0), Cholesterol 6mg, Sodium 250mg, Carbs 33g (Fiber 2g, Sugars 5g), Protein 9g