

QUINOA SALAD

Dressing ingredients:

1/3 cup fresh-squeezed lemon juice
1 Tablespoon lemon zest
2 cloves garlic, finely minced
2 Tablespoons finely chopped parsley
1/2 cup extra-virgin olive oil
1/2 teaspoon fresh oregano or a pinch of dried – optional
Pinch of salt and pepper to taste

Quinoa Salad ingredients:

1 cup uncooked quinoa
1/4 – 1/3 cup red onion – thinly sliced and chopped
1 red pepper, diced small
Up to a pint of cherry tomatoes, halved
1/2 cup pitted Kalamata olives, sliced
1/2 cup crumbled feta
1 English cucumber, quartered and sliced
1/4 cup parsley, roughly chopped
Salt and pepper to taste

Method

Cook 1 cup quinoa as directed on package, rinsing the grains before cooking. Once cooked, fluff the grains with a fork and let cool.

While quinoa cooks, prepare the salad dressing and set aside for flavors to meld.

Slice and chop the red onion - place in small bowl filled with cold water. Letting the onions rest 10-15 minutes in cold water helps to take some of the “bite” out of using them. This trick has really improved my enjoyment of eating raw onions!

Once the quinoa is cooked and cooled, mix all salad ingredients in a large bowl. Add half of the dressing and toss to mix. Add remaining dressing to taste, adjusting seasonings as desired.

This delightful salad is a meal on its own, a delightful side dish, or can be mixed in a bowl with kale salad.