

Mediterranean Quinoa Salad

6 servings • Category: Salad • Generated by Nutrifax

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 x 250 ml slices Cucumber (raw)
- 1 cup cherry tomatoes Tomatoes (red, ripe, raw, year round average)
- 53 g Onions (red, raw)
- 100 g Cheese (feta)
- 45 g Olives (ripe, canned (small-extra large))
- 3 tbsp Vegetable oil (olive)
- 2 tbsp Lemon juice (raw)
- 1/2 tsp Salt (table)
- 1/4 x 5 ml whole Spices (pepper, black)

Instructions

1. Rinse the quinoa under cold water. Combine with 2 cups water in a saucepan. Bring to a boil, reduce heat, cover, and simmer for 15 minutes until water is absorbed.
2. Fluff with a fork and spread on a baking sheet to cool for 10 minutes.
3. Dice the cucumber, halve or quarter the tomatoes, and thinly slice the red onion.
4. In a large bowl, combine the cooled quinoa, cucumber, tomatoes, red onion, olives, and crumbled feta.
5. Whisk together the olive oil, lemon juice, salt, and pepper. Pour over the salad and toss gently.
6. Serve immediately or refrigerate for up to 2 days. The flavours improve after resting.