

# **Mediterranean Quinoa Salad**

Prep: 15 minutes | Cook: 15 minutes | Chill: 20 minutes | Total: 50 minutes

Yield: 2 servings | Serving Size: 1 cup

### Ingredients

- <sup>1</sup>/<sub>2</sub> cup uncooked quinoa, rinsed
- 1 cup water
- <sup>1</sup>/<sub>2</sub> medium cucumber, chopped (about <sup>1</sup>/<sub>2</sub> cup)

¼ cup chopped roasted red pepper or ½ cup halved cherry or grape tomatoes

- 1/4 cup kalamata olives, pitted and chopped
- <sup>1</sup>/<sub>2</sub> cup chopped fresh parsley

¼ cup crumbled feta

#### Dressing

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons lemon juice (about ½ lemon)
- 1 teaspoon Dijon mustard or brown mustard

## **Recipe Notes**

- Consider substituting bulgur or barley for the quinoa, cooking it according to the package directions.
- This salad is also good with the addition of rinsed canned white beans and/or chopped pitted dates.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 14g | Saturated Fat: 4g Sodium: 430 mg | Total Carbohydrate: 34 g | Dietary Fiber: 8.5 g | Protein: 8.5 g

For more recipes, please visit www.nutrition.va.gov

## **Directions**

- 1. Add the quinoa and water to a medium saucepan.
- 2. Bring to a boil, then reduce heat to maintain a simmer. Cook until the quinoa is tender, about 10-15 minutes.
- 3. Remove the pan from the heat. Fluff the cooked quinoa with a fork and let sit to cool. You can speed up this process by spreading it on a baking sheet and putting it in the refrigerator.
- 4. In a medium mixing bowl, make the dressing by whisking together the olive oil, vinegar, lemon juice, and mustard.
- 5. Add the cooked and cooled guinoa, along with the cucumber, red peppers or tomatoes, olives, parsley, and feta. Toss gently to combine.
- 6. Serve immediately, or chill before serving if desired, up to 5 days.

