Mediterranean Quinoa Salad

Prep: 15 minutes | Cook: 15 minutes | Chill: 20 minutes | Total: 50 minutes
Yield: 2 servings | Serving Size: 1 cup

Ingredients

½ cup uncooked quinoa, rinsed
1 cup water
½ medium cucumber, chopped (about ½ cup)
¼ cup chopped roasted red pepper or ½ cup halved cherry or grape tomatoes
¼ cup kalamata olives, pitted and chopped
½ 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

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 quinoa, 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.

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.