



Mediterranean Quinoa Salad

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- ½ cup dry quinoa or bulgur
- 1 cup water
- ½ cup chopped cucumber
- ¼ cup chopped roasted red peppers (or ½ cup cherry tomatoes)
- ¼ cup kalamata olives, pitted and chopped
- ½ cup fresh parsley, chopped
- ¼ cup crumbled feta
- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- ½ lemon, juiced (about 2 tablespoons)
- 1 teaspoon mustard (Dijon or brown)

Directions

1. Add the quinoa and water to a medium saucepan over high heat. Bring to a boil. Reduce heat to low and simmer for 15 minutes. Remove from heat. Fluff with a fork and let cool.
2. In a medium bowl, add the cucumber, red peppers and/or tomatoes, olives, parsley and feta. Toss gently to combine.
3. In a small bowl, whisk the olive oil, vinegar, lemon juice and mustard.
4. Once the grain has cooled (you can speed up this process by spreading it on a baking sheet and putting it in the fridge). Add the grain to the vegetable mixture. Lightly toss.
5. Add the dressing and mix well.
6. Serve cold.

Recipe Notes

- Instead of quinoa, try substituting bulgur, cooked according to package directions.
- Leftovers can be refrigerated for up to 3 days.
- Also good with the addition of rinsed canned white beans and/or chopped dried dates.

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

Adapted from thekitchn.com | Submitted by Robin LaCroix, RD, CSO
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