LIFECARE ALLIANCE: DIETITIAN DEMO SERIES



Quinoa Salad

PREP:	COOK:	SERVINGS:
20 MIN	20 MIN	8

Ingredients:

- 1 cup quinoa *uncooked, rinsed*
- 2 cups water
- 1 can (15 oz) chickpeas *rinsed & drained*
- 1 medium cucumber *seeds removed & chopped*
- 1 medium red bell pepper *chopped*
- ¾ cup red onion *chopped*
- ¼ cup olive oil
- ¼ cup lemon juice
- 1 TBSP red wine vinegar
- 2 garlic cloves *minced*
- 1 cup parsley *finely chopped*
- ½ tsp sea salt
- Black pepper *ground*

Directions:

1. Combine rinsed quinoa and water in a medium saucepan. Bring mixture to a boil over medium-high heat, then decrease heat to a gentle simmer. Cook, uncovered, until quinoa has absorbed all water, about 15 minutes. Remove from heat, cover, and let rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, combine chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended. Set aside.
4. Once the quinoa is mostly cool, combine with chickpea mixture, and drizzle the dressing mix on top. Toss until thoroughly combined. Season with black pepper and an extra pinch of salt to taste. For best flavor, let salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

Recipe & Photo Credit: Favorite Quinoa Salad - cookieandkate by Cookie & Kate

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