

Mediterranean Quinoa Salad

2 cups quinoa, rinsed and drained
4 cups water
¼ cup extra virgin olive oil
2 tsp. fine sea salt
Fresh ground pepper
½ cup minced green onion
½ red onion, thinly sliced
1 cup chopped parsley
1 cup chopped fresh dill
1 cucumber, sliced
1 large red bell pepper, julienned
10 – 15 olives, (like Castelvetrano), pitted and chopped

Instructions:

In a saucepan, combine the quinoa and water and bring to a boil. Cover and lower the heat, cooking until the quinoa has absorbed all the water, about 15 minutes. Fluff with a fork and allow to cool.

In a large bowl, whisk together the lemon juice, olive oil, salt, and a few grinds of pepper. Add the cooked quinoa and toss it in the dressing to coat well. Add the green and red onion, cucumber, bell pepper, dill, parsley and olives and toss well to combine. Allow mixture to chill in the refrigerator for one hour before serving. Serve cold or at room temperature. Store leftovers in an airtight container in the refrigerator for up to 4 days.

Makes 6 servings

Source: experience life magazine May 2017