

Mediterranean Quinoa Salad

- Quinoa (pronounced keen-wah) is high in protein, fiber and B-Vitamins. It's a great substitute for rice and pasta!
- You can cook quinoa like you would rice - in a pot on the stove or in a rice cooker.
- **Chef Tip:** While the quinoa is cooking, chop the onions and cucumbers and drain the olives and chickpeas to save time.
- This recipe is a healthy, simple salad that's perfect for a summer day.
- Feta cheese goes great with this dish!
- Serve as a side to grilled or baked meats, alone or on top of a bed of salad greens.

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup (187g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 39g	14%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 3mg	15%
Potassium 308mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Servings: 4 Prep Time: 25 minutes



Ingredients:

- 1 cup quinoa, uncooked
- 1/2 canned chickpeas, drained and rinsed
- 1/2 cup canned olives, pitted, drained and rinsed
- 1/2 red onions, chopped
- 1 medium cucumber, chopped
- 3 Tablespoons olive oil
- 2 Tablespoons white vinegar
- 1 Tablespoon oregano
- Salt and pepper to taste

Directions:

1. In a medium pot, add 1 cup of uncooked quinoa and 2 cups of water. **Bring** the water to a boil then **reduce** the heat to medium low. Simmer with the lid on until the quinoa absorbs the water. This takes about 15-20 minutes.
2. While quinoa cooks, chop the red onion and cucumber and drain and rinse chickpeas and olives. Add to a large bowl.
3. **Fluff** the quinoa with a fork then **let cool** for about 5 minutes. Once the quinoa is cooled, **Add** the quinoa into the large bowl.
4. While the quinoa cools, make the dressing in a small bowl: mix the oil and vinegar, then **add** it to the quinoa and vegetables. **Mix well**.
5. **Add** oregano for flavor and salt and pepper to taste.

Recipe Credit:

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