

Mediterranean Quinoa Salad

Leisa Norman, RD, LD, UZIT
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Ingredients

Salad:

*Modify for what vegetables you have on hand or buy seasonal!

Yield 1.5 lbs

- Quinoa 3oz
- ½ cup Red Bell Pepper, diced
- ½ cup Green Bell Pepper, diced
- Green onions, diced, bunch
- Cucumbers, diced 1-2 (can peel and seed to reduce water content)
- Black or Kalamata olives, sliced, 2 oz
- Red onion, julienne 3 oz

*Optional

- Feta Cheese
- Chicken or lean protein
- Roasted pepitas

Dressing:

- 1.5 fl oz EVOO
- 1 fl oz Apple Cider Vinegar
- ½ tsp Garlic, Chopped
- ½ tsp Salt
- ½ tsp Black Pepper
- ½ tsp Fresh Oregano, chopped
- ½ tsp Fresh Thyme, chopped
- 1 tbs Local Honey or agave,
- 1 tsp Fresh squeezed orange and/or lemon juice

Steps

1. Prepare quinoa, set aside to cool.
2. Combine vegetables with quinoa.
3. Whisk together all the dressing ingredients.
4. Combine all the salad ingredients with the dressing. Chill thoroughly
5. Top with feta cheese, lean protein and roasted pepitas or enjoy as is!

