



Mediterranean Quinoa Salad

Ingredients:

- 1 1/2 cups quinoa
- 3 cups water
- 1 cup cherry tomatoes, quartered
- 1 cup diced English cucumber
- 1 cup diced orange bell pepper
- 1 cup diced red bell pepper
- 1/2 cup fresh flat-leaf parsley, finely chopped
- 1/4 cup fresh mint, finely chopped
- 2 garlic cloves, minced
- 1/2 cup Kalamata olives, chopped
- 1/2 cup crumbled feta cheese
- 4–5 tablespoons lemon juice
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions:

1. In a medium saucepan, combine quinoa and water. Cover, bring to a boil, then reduce heat to simmer for 15 minutes, or until all water is absorbed.
2. Remove from heat and let sit, covered, for 5 minutes. Then, fluff with a fork.
3. Transfer the cooked quinoa to a large bowl.
4. Add the cherry tomatoes, cucumber, orange bell pepper, red bell pepper, parsley, mint, garlic, chopped olives, lemon juice, olive oil, salt, and pepper to the bowl with the quinoa.
5. Toss well to mix all the ingredients together.
6. Sprinkle with crumbled feta cheese.
7. Serve immediately or chill in the refrigerator before serving for enhanced flavors.