

Quinoa Salad

INGREDIENTS

1/2 cup uncooked quinoa, tri-colored or regular

1-pint cherry tomatoes

1 medium cucumber

1 15-ounce can chickpeas, drained and rinsed

1 clove garlic, minced

1 tbsp fresh lemon juice from about 1/2 lemon

2 tsp extra-virgin olive oil

1/2 tsp salt, or more if desired

1/4 tsp freshly ground black pepper

METHOD

1. Rinse the quinoa and add it to a small saucepan with 1 cup of water. Cover and cook quinoa over medium heat until water has evaporated for approximately 15-20 minutes.
 2. While quinoa is cooking, cut the cherry tomatoes in half and add to a large bowl.
 3. Slice cucumber in half lengthwise and use a spoon to scoop out the seeds. Cut cucumber into 1/2-inch chunks and add to the bowl. Next add the chickpeas and garlic.
 4. Add the cooked quinoa to the bowl along with the lemon juice, olive oil, salt and pepper. Stir until everything is combined. Salad can be stored in the refrigerator for up to 4 days.
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