Spring Quinoa Salad

SERVES 4
PREP TIME: 20 MINUTES

Ingredients

1 cup dry quinoa
2 cups water
1 can (15 oz) chickpeas, drained and rinsed
1 medium cucumber, chopped
½ medium zucchini, chopped
1 large carrot, thinly chopped or grated
¾ cup chopped red onion
1 cup finely chopped parsley (or 1/4 cup dry parsley)

DRESSING

¼ cup oil (olive, canola or avocado)
2 lemons, juiced (about ¼ cup juice)
1 Tbsp red wine vinegar
2 cloves garlic, minced (or 1 tsp garlic powder)
½ tsp salt
· Ground black pepper, to taste

Procedure

1. Cook quinoa per instructions.
2. In large serving bowl, combine chickpeas, cucumber, zucchini, carrots, onion and parsley. Set aside.
3. In small bowl, combine olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, set aside.
4. Once quinoa is mostly cool, add to serving bowl & drizzle dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavor, let salad rest for 5 to 10 minutes before serving.

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