



Quinoa Salad

Submitted by PEHP Member Allyson P.

Ingredients:

2 cups water
1 cup rinsed quinoa
1 each red, yellow, and orange bell pepper
1 large English cucumber
½ red onion
1 container grape tomatoes
1 clove garlic
2 lemons
Kosher salt
Olive oil
Italian parsley, coarsely chopped

Steps:

- Bring water and quinoa to a boil, skim foam, then cover and reduce heat to simmer for 15 minutes.
- Meanwhile, halve the tomatoes and toss with a dash of salt in a small bowl to sweat out excess moisture. Set aside.
- Remove quinoa from heat and let sit, covered, for 5 minutes. Fluff with a fork. Transfer quinoa to a salad bowl and toss with olive oil and salt. Refrigerate while you prepare the vegetables.
- To prepare vegetables: Dice the peppers, onions, and cucumber into uniform small-dice size. Mince the garlic or grate on a small grater. Zest then juice the lemons.
- In a medium bowl, toss the vegetables together the garlic, lemon juice, and zest. Add to the quinoa bowl.
- Drain the tomatoes on a paper towel then add to the salad along with the chopped parsley. Stir to combine.
- This recipe is great with grilled chicken or pork, or crumbled feta.

Tips from the Test Kitchen: This is a great recipe to play around with whatever vegetables you like. Try also adding beans for extra protein and fiber.