

# Summer Quinoa Salad Recipe

(Adapted from Cookie + Kate)



## Ingredients:

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 2 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped
- ¾ cup chopped red onion (from 1 small red onion)
- Optional—I like to add a handful of olives, chopped, and a handful of cherry tomatoes, halved
- 1 cup finely chopped flat-leaf parsley (from 1 large bunch)
- ¼ cup olive oil
- ¼ cup lemon juice (from 2 to 3 lemons)
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- ½ teaspoon fine sea salt
- Freshly ground black pepper, to taste

## Instructions:

- Cook the rinsed quinoa and water in your rice cooker, on the stove top, or your preferred method. After cooking, let it sit for five minutes to fluff up, then remove from the pan to cool.
- In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley (also optional chopped tomatoes and olives) Set aside.
- Dressing: In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside. Alternatively, dress salad with your favorite bottled vinaigrette, preferably made from olive oil.
- Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the 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 the salad rest for 5 to 10 minutes before serving.
- This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.
- Options: Add more protein with cooked, seasoned chicken breast or shrimp.