



## *Recipe:* **Greek Quinoa Salad** *by Alexa Barad*

### INGREDIENTS:

- 1 cup uncooked pre-washed white quinoa,
- 2 cups water
- 3 Tbsp extra virgin olive oil
- 2 Tbsp apple cider vinegar
- ¼ tsp ea. salt and black pepper
- 1 cup grape tomatoes, halved
- ½ cup cucumber, diced
- ½ cup red onion, diced
- ¼ cup black olives, pitted and sliced (optional)
- ½ cup crumbled feta cheese
- ¼ cup walnuts, chopped (optional)

### DIRECTIONS:

1. Place quinoa and water in a saucepan, cover and bring to a boil, stirring occasionally.
2. Reduce heat to a simmer for 15 minutes.
3. While the quinoa simmers, whisk together olive oil, vinegar and salt and pepper in a small bowl.
4. Transfer cooked quinoa to a bowl, add tomatoes, cucumber, onion and olives and mix well.
5. Add dressing and mix well.
6. Cover with plastic wrap and refrigerate for at least 1 hour.
7. Top with feta and walnuts, if desired.