

Quinoa Salad

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 medium cucumber, chopped
- 1 red bell pepper, chopped
- ¾ cup chopped red onion
- 1 cup finely chopped flat-leaf parsley
- ¼ cup olive oil
- ¼ cup lemon juice (from 2 to 3 lemons)
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- salt/pepper to taste
- Freshly ground black pepper, to taste

Directions

1. To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Add the quinoa to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with pepper and salt as desired.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

Mary-Beth says: *"I like red quinoa in this salad; also consider adding additional vegetables like steamed broccoli, chopped tomatoes, roasted zucchini slices."*

*recipe adapted from cookieandkate.com