

Quinoa Salad



Licking Memorial Hospital | Culinary Services

Quinoa Salad (serves 4)

Ingredients:

- 4 cups quinoa
- 4 tablespoons champagne vinegar
- 4 tablespoons extra virgin olive oil
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon black pepper
- 1 large English cucumber, chopped
- 2 cups grape tomatoes, halved
- 1 cup crumbled feta cheese

Directions:

1. In a large stock pot, bring 12 cups of water to a boil.
2. Add 4 cups of quinoa and reduce to a simmer for 20 minutes.
3. Strain the quinoa, then place on a baking sheet or plate and refrigerate.
4. Once cooled, toss quinoa with champagne vinegar, extra virgin olive oil, chopped parsley, pepper, cucumber, and cherry tomatoes.
5. Top with feta cheese and serve.