

# Mediterranean Quinoa Salad

## INGREDIENTS

22 MINUTES 6 SERVINGS

- 1 cup white or tri-color quinoa, dry
- 1 medium tomato, chopped
- 1/2 long English cucumber, chopped
- 1 large bell pepper, chopped
- 1 large avocado, chopped
- 1/4 cup red onion, minced
- 1/4 cup parsley or cilantro, finely chopped
- 1/2 cup reduced fat feta cheese, crumbled
- 20 Kalamata olives, pitted
- 2 tbsp olive oil
- 2-3 tbsp lemon or lime juice
- 1 tbsp cumin, ground
- 1/2 tsp salt
- Ground black pepper, to taste



Adapted from: [www.bbcgoodfood.com](http://www.bbcgoodfood.com)



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## PROCEDURE

1. In a medium pot, add 1 cup quinoa, 1 1/2 cups cold water and a pinch of salt. Cover, bring to a boil, reduce heat to low and cook for 12 minutes. Let it stand for 5-10 minutes covered.
2. In the meantime, in a large salad bowl, add tomato, cucumber, bell pepper, avocado, onion, cilantro, feta cheese, olives, lime juice, oil, cumin, salt and pepper.
3. Fluff quinoa with a fork and add to the bowl. Stir gently to combine and serve cold or warm.



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