



From the kitchen of Vegetables and Virtue

Mediterranean Quinoa Salad



Recipe

- 2 cups water
- 1 cup quinoa, uncooked
- 1 red onion, finely diced
- 1 yellow bell pepper, diced small
- 1 English cucumber, cut in quarters and sliced
- 1 pint cherry tomatoes, halved
- ¾ cup crumbled feta cheese
- ¼ cup chopped fresh parsley
- ¼ cup fresh lemon juice
- ¼ cup olive oil
- 1 TBSP balsamic
- 1 clove garlic, pressed
- 1 tsp salt



Instructions

1. Fill large pot with water. Add quinoa and bring to a boil. Once boiling, turn down to a simmer and cover. Cook until the quinoa appears tender and all water is absorbed (approximately 15-20 minutes). Transfer quinoa to a large bowl to cool.
2. While the quinoa is cooking, combine lemon juice, parsley, olive oil, balsamic, garlic, and salt. Mix with diced bell pepper, red onion, cucumber, and tomatoes. Once well combined, gently add in crumbled feta.
3. Once the quinoa is cool, combine with other ingredients. Mix well. Add additional salt and fresh cracked pepper to taste. Toss gently, and refrigerate until ready to serve.

Prep Time: 15 min

Cook Time: 20 min

Yield: ~8 cups



Time-Savers

Cook your quinoa in advance. Make a big batch (at least 2 cups dry quinoa + 4 cups water), then freeze in smaller portions using a freezer safe container. All you have to do is thaw it, and it will be ready to use next time you need it!



Kids in the Kitchen

All of these veggies can be coarsely chopped, so why not give your preschooler a child-safe knife like those from Curious Chef? Let them practice cutting through a piece of bell pepper or an English cucumber (cut lengthwise so it doesn't roll on them). This keeps them busy, while also exposing them to veggies!



For All Ages

Let's be honest, many adults don't "do quinoa" (yet), so it may feel like a bit of a stretch for a toddler to take to it yet either. If this is your kiddo (as it is mine!), consider decomposing this dish. Offer the quinoa with sauce, and the bell peppers, cucumber, tomatoes, and feta each separately on the side.

Feeding Kids with Creativity and Confidence

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