MAINS

Healthy summertime quinoa salad

By Kathy Dean · Rough Draft Atlanta, 8/11/2017

Serves 6

Ingredients

- ☐ ½ cup uncooked quinoa
- ☐ 1 cup water
- ☐ 1 pint cherry tomatoes, about 2 cups
- ☐ 1 cup fresh parsley, finely chopped
- ☐ ¼ cup fresh mint, finely chopped
- ☐ 1 cup spinach, finely chopped
- ☐ ½ large red onion, chopped
- ☐ 1½ cups cucumber, chopped
- ☐ 1 15-ounce can chickpeas, drained and rinsed
- ☐ 2 tablespoons olive oil
- ☐ 3 lemons, juiced
- ☐ ½ teaspoon garlic, minced
- ☐ ½-1 teaspoon salt, to taste
- ☐ ¼ teaspoon pepper

Directions

1. Rinse quinoa in a small mesh strainer and add to a pot. Add water; turn the heat to high. Once it's boiling, cover and cook for 15-20 minutes.
2. Meanwhile, slice the tomatoes in half, then in half again lengthwise, then in half again. Place in a large bowl.
3. Add parsley, mint, spinach, onion, cucumber, chickpeas, olive oil, lemon juice, garlic, salt and pepper to the bowl; stir to combine.
4. Once the quinoa is cooked, transfer to the bowl. Stir everything together until fully combined.

Recipe adapted from www.emilieeats.com to be used for UGA Extension Fulton County. Please contact Kristen Sumpter, FACS Extension Agent, at 404-332-2400 or ksumpter@uga.edu for more information.

The story

Above photo sourced from www.emilieeats.com

All your outdoor activities can work up an appetite. Here's a quick and healthy cold dish to reenergize you and loved ones after a great day outside fun.

Serves 6

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