

Mediterranean Quinoa Salad

Sharon Fritz

This is a general idea; amounts should reflect your taste.

Cook 1 C. quinoa

Cool then add

1 seeded cucumber, diced

½ red pepper chopped

2 C. cherry tomatoes halved

½ - 1 C. sliced kalamata olives

¼ C. (or more to taste) sliced green onions or diced red onion

Dressing: whisk together (amounts suggested are just suggestions!)

3 T Olive oil, 3T. Lemon juice, 1 clove crushed garlic and ½ tsp. salt

Add dressing to salad and before serving add 1C. Crumbled feta cheese