



Quinoa Recipes



Mediterranean Quinoa Salad



If you love tabbouleh, give this bright, fresh salad a try. Cooking quinoa with vegetable broth is an easy way to add rich, savory flavor.

Ingredients:

- 1 cup quinoa
- 2 cups low-sodium vegetable broth
- 4 tablespoons white balsamic dressing
- 2 cups spinach
- 12 cherry tomatoes
- 10 pitted, green olives (optional)
- 1/4 cup crumbled feta cheese
- Salt and cracked black pepper

Directions:

Directions: Combine the quinoa and vegetable broth in a medium saucepan and bring to a boil over high heat. Reduce the heat to a low simmer, cover and cook for 15 minutes or until the quinoa is tender.

While the quinoa is cooking, roughly chop the spinach and quarter the cherry tomatoes and olives.

Toss the cooked quinoa with the dressing, spinach, tomatoes, olives and feta. Season with salt and pepper to taste. Refrigerate for before serving.

Yield: 4 servings, about 1 cup each