

Quinoa Greek Salad

Cooking Instructions

1. Cook quinoa according to directions. ½ cup water to ½ cup quinoa to make about 1 cup. Set aside to cool. Or use leftover quinoa.
2. Chop up onion, garlic, cherry tomatoes, cucumber, and olives and place in a large bowl.
3. Add salt and pepper. Mix olive oil with red wine vinegar and pour over vegetable mixture.
4. Sprinkle feta cheese on top.
5. Can use as a side dish, add chicken or roasted chickpeas to make a simple meal.

Recipe

- 2 tablespoons olive oil
- 1 red onion, diced
- 2 garlic cloves, minced
- 2 tablespoons red wine vinegar
- 1 cup cooked quinoa
- 1 – 1 1/2 cups chopped cherry tomatoes
- 1 cucumber chopped
- ¼ - ½ cup feta cheese
- 1 teaspoon salt
- 1 teaspoon pepper
- Optional Toppings – Mint, pepperoncini peppers, rotisserie chicken

Grocery List (add optional toppings to list as desired)

Produce

- 1 red onion
- 2 cloves of garlic
- 1 cucumber
- 1 1-1/2 cups cherry tomatoes

Spices

- salt
- pepper

Canned Goods

- Olive oil
- Red wine vinegar
- Quinoa

Optional

- Chickpeas or garbanzo beans
- Rotisserie chicken
- Mint or herbs
- Pepperoncini peppers