

Mediterranean Quinoa Salad



VEGETARIAN



GLUTEN FREE

Ingredients

- 3-4 cups vegetable broth
- 1 ½ cups quinoa, uncooked
- ¼ cup red wine vinegar
- 2 cloves garlic, minced
- Juice from one lemon
- 3 tablespoons olive oil
- ½ cup kalamata olives, sliced if desired
- 1/3 cup fresh parsley, chopped
- 1/3 cup fresh cilantro, chopped
- 1 red onion, diced
- 1 cup cherry tomatoes, cut in half
- 1 cup garbanzo beans, rinsed and drained
- Salt and pepper to taste
- ½ cup crumbled feta cheese

Directions

1. In a medium-large saucepan, cook the quinoa in vegetable broth for 15-20 minutes, until tender, stirring occasionally. Allow to cool. In a small bowl, whisk together the vinegar, lemon juice, garlic, and olive oil.
2. Gently toss the quinoa together with the remaining ingredients, except feta. Pour the olive oil mixture over the quinoa. Add more salt and pepper to taste and gently stir in the feta cheese. You may also add any additional vegetables that you like, such as lightly steamed broccoli, snap peas or diced bell pepper.

Recipe from Cook Well Berkeley: “Flexitarian” Meals, Fall 2012