



GREEK STYLE QUINOA AND LENTIL SALAD

Yield: 2-4 servings

Ingredients

- ❖ 1 cup quinoa
- ❖ 1¼ cups water
- ❖ Pinch of salt
- ❖ 2 cups of pre-cooked lentils (I love Trader Joe's steamed lentils in the refrigerator section)
- ❖ ¼ cup red onion, diced
- ❖ 1 cup cucumber, diced
- ❖ ½ cup grape tomatoes, halved
- ❖ ½ cup pitted kalamita olives, halved
- ❖ 1/3 cup feta cheese, crumbled
- ❖ Sea salt and freshly ground pepper to taste



To Make the Dressing:

- ❖ 2 small garlic cloves, minced
- ❖ 1/2 teaspoon dijon mustard
- ❖ 1 teaspoon dried oregano
- ❖ 3 tablespoons raw apple cider vinegar
- ❖ Juice of 1/2 lemon
- ❖ 1/2 cup olive oil
- ❖ Salt and pepper

Procedure:

Cooking the Quinoa:

1. In a fine mesh strainer, rinse dry quinoa under cold running water until water is clear.
2. Transfer quinoa to large saucepan and toast over medium heat until water is evaporated and you smell a nutty aroma.
3. Add water and salt. Bring to a boil, cover and reduce heat to medium-low, and simmer until water is absorbed and quinoa is tender, about 15 minutes.
4. Remove from heat and let stand with the cover for 5 more minutes.

Assembling the Salad:

5. Transfer quinoa to large bowl; fluff with fork. Let quinoa cool to room temperature.
6. Add the remaining salad ingredients and mix well.
7. In a small bowl, whisk together the dressing ingredients.
8. Pour dressing over salad and stir until well combined. Season with salt and pepper to taste.

Optional Toppings: Crushed walnuts, pecans, shredded coconut.