

movita's quinoa salad

Yields enough to serve 4-6 as a side dish.

- 3/4 cup quinoa, cooked
- 1 1/2 cups water (for cooking quinoa)
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1/4 teaspoon salt (optional)
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon freshly squeezed lemon juice
- 1 green pepper, diced
- 1 red pepper, diced
- 1 clove garlic, minced
- 1/4 cup chopped green onion
- 1/2 cup crumbled feta cheese + extra for garnish if desired

Cook quinoa according to package instructions. Here's what I do: put 3/4 cup of quinoa in a saucepan with 1 1/2 cups water. Bring the mixture to a boil, then reduce the heat to low and cook covered for 15 minutes. Then remove from heat and let sit for 5 minutes before floofing with a fork. As the quinoa is cooking, you can dice the veggies and prepare the dressing.

To prepare the dressing: in a small bowl, whisk together the thyme, pepper, salt, olive oil, balsamic vinegar and lemon juice. Set aside.

To assemble the salad: place the green pepper, red pepper, garlic, and green onion into a large bowl, and mix to combine. Stir in the prepared quinoa. Pour the dressing overtop and mix to combine. Finally, mix in the feta cheese.

Sprinkle the top of the salad with some crumbled feta cheese for garnish (if desired).

Best if served immediately. Should be stored in the refrigerator if not eating right away, due to the cheese content.

Note: I find this salad tastes best when it's warm/room temperature, though you might like it cold! If the salad has been chilled, you can heat it gently in the microwave before serving. If microwaving, use a low power setting and heat for only 10-20 seconds at a time, stirring frequently, as the salad should be warm, not hot, to avoid cooking the veggies and cheese.