



Warm Quinoa Salad with Cucumber and Tomato

This salad makes for a simple, healthy lunch or dinner. This salad is loaded with protein, fiber, and omega 3 fatty acids. It'll also help you reach your minimum fruit and veggie serving target for the day.

You're free to substitute the veggies listed here for any others that you prefer. Other spices that you like can be easily added as well. The cheese can be left out to make this yummy salad 100% gluten and dairy free. Feel free to play with the ingredients to make a salad that you love.

Ingredients (makes 2-4 servings, depending on serving size):

1 cup quinoa (any colour)

1 tomato, chopped

$\frac{1}{2}$ cucumber, chopped

The juice of 1 lemon (lemon juice from a squeeze bottle is not as good but can be substituted)

3 tbsp. olive oil

1 clove garlic, finely minced

salt and pepper to taste

Feta cheese (parmesan can be substituted)

How to's:

1. Boil 4 cups of water. Once boiling, add quinoa and reduce to medium heat. Cook for 8-12 mins (depending on how hard/soft you like your quinoa)
2. Chop up your veggies while the quinoa is cooking
3. Drain the quinoa. Add garlic clove, olive oil, salt and pepper and lemon juice. Stir well and let sit for 30 mins (this is optional, but the salad will come together more nicely if you let it sit for a while)
4. Add veggies and stir it up. Sprinkle cheese on top and enjoy