

Quinoa Greek Salad

This is a wonderful variation on the classic Greek salad. The most significant change is the replacement of lettuce with the superfood, QUINOA! Quinoa is truly an amazing grain that is a great substitute for rice or pasta. With the highest protein content of all the grains and a good dose of fibre, it also helps to fill you up faster and keep you full longer!

Ingredients

2 cups vegetable or chicken stock
1 cup quinoa
½ cup diced red pepper
½ cup diced green pepper
½ cup diced English cucumber
¼ cup chopped green onion
¼ cup sliced black olives
¼ cup diced red onion
2/3 cup light feta cheese, crumbled

1 ½ tsp grated lemon zest
¼ cup freshly squeezed lemon juice
2 tbsp olive oil
1 tsp minced fresh garlic
1 tsp dried basil
½ tsp dried oregano
Pinch of freshly ground pepper
1/3 cup chopped fresh parsley

Preparation

1. Bring the stock to a boil in saucepan. Stir in the quinoa. Reduce the heat to medium-low, cover and cook for 15 minutes or until the quinoa is tender and the liquid is absorbed. Transfer to a large serving bowl and set aside to cool.
2. Add the green and red peppers, cucumber, green onion, olives, red onion, and feta cheese to the cooked quinoa.
3. Whisk the lemon zest and juice, oil, garlic, dried basil, oregano and pepper in a small bowl. Pour the dressing over the quinoa mixture and toss to coat well. Garnish with fresh basil. Serves 6.



Nutrition (per serving)

Calories: 216	Fat: 7g(2g sat.fat)
Carbohydrates: 28g	Fibre: 3g
Protein: 11g	Sodium: 463mg