

Quinoa, Chickpea, Cucumber & Feta Salad

If you're looking at what trendy foods are in, quinoa is at the top of the list. Quinoa is a superfood, high in two antioxidants, high in protein, and high in monounsaturated fat (good fat)! A very colourful and heart-healthy salad that is dressed to impress!



Yields 4 servings

Ingredients

1 cup quinoa (beige or red or black)
 1 cup water
 1 can chickpeas, rinsed, drained
 1 1/2 chopped unpeeled cucumbers
 1 pint cherry or baby heirloom tomatoes, halved
 1 cup roughly chopped flat-leaf parsley
 1 cup sliced baby spinach leaves
 1 1/2 cups crumbled feta cheese
 1/4 cup red wine or balsamic vinegar
 1 teaspoon honey
 1/3 cup olive oil
 2 teaspoons smoked Spanish paprika
 To taste Salt and pepper

Preparation:

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, simmer until tender, about 10-15 minutes. Do not overcook. Chill in the refrigerator to cool.
2. In a large bowl, combine chickpeas, tomatoes, cucumber, parsley, spinach and about half of the feta.
3. Gently toss in the cooled quinoa; do not overmix or stir.
4. Whisk vinegar, salt, honey and smoked paprika in small bowl. Gradually whisk in oil. Add salt and pepper to taste.
5. Drizzle over the combined salad ingredients; toss gently. Add vinaigrette; avoid overdressing. Top with feta; serve immediately.

Nutritional Information (per serving)

Calories: 458.8	Total Fat: 23.7g
Sat. Fat: 6.2g	Carbs: 46.0g
Fiber: 13.9g	Protein: 15.7g

TIP! Try *low fat* feta cheese to cut down of the fat.

Source: www.wnetwork.com,
www.bonappetit.com