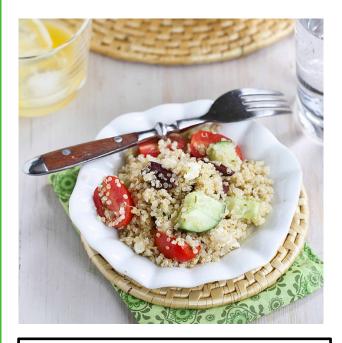


Quinoa, Chickpea, Cucumber & Feta Salad

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 hearthealthy salad that is dressed to impress!



Preparation:

- Bring quinoa and water to a boil in a saucepan. Reduce heat to mediumlow, 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.
- 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.

Yields 4 servings

<u>Ingredients</u>

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

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,

