



## Quinoa Salad

Prep Time: 20 min

Cook Time: 20 min

Serves: 8

### NUTRITION FACTS, PER SERVING:

389 calories

11.6 g fat

166 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1 cup quinoa
- 2 cups water\*\*
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 cucumber, seeded and chopped
- 1 cup flat leaf parsley, chopped
- 1 red bell pepper, chopped
- 3/4 cup red onion, diced

### DRESSING

- 1/4 cup olive oil\*\*
- 1/4 cup lemon juice, 2 lemons
- 1 TB red wine vinegar
- 2 garlic cloves, minced
- 1/4 tsp salt & 1/4 tsp black pepper\*\*

### DIRECTIONS:

1. To prepare the **quinoa**: Rinse quinoa in a fine mesh strainer to remove any debris. Combine the rinsed quinoa and **2 cups water** in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, prep and combine the following: Rinse and drain the can of **chickpeas**, slice the **cucumber** in half remove the seeds and chop, pull the leaves from the **parsley** and roughly chop, **chopped red bell pepper, diced red onion** and toss to combine and set aside.
3. To prepare the **DRESSING**: In a small bowl, combine the **1/4 cup olive oil, 1/4 cup lemon juice, red wine vinegar, 2 garlic cloves** peeled and minced and **1/4 tsp salt & 1/4 tsp black pepper**. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the large serving bowl of vegetables, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. For the best flavor, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

Proudly Sponsored by:

