

Quintessential Quinoa Salad

Serves 6

Ingredients

3 cups cooked and chilled quinoa
1 red bell pepper- diced
1 can chick peas, drained and rinsed
1 can black beans, drained and rinsed
1/2 c pitted kalamata olives, roughly chopped
1/2 c feta cheese
1/4 c chopped scallion
2 plum tomatoes, seeded, chopped

Dressing

Juice of 5 lemons
1/4 c extra virgin olive oil
1/2 teaspoon sea salt
1/4 teaspoon fresh ground black pepper

Preparation

Separate chilled quinoa with fork
Add ingredients in order to quinoa
Pour dressing over combined salad and mix well
Refrigerate for an hour before serving



Leftover Idea: I love to stuff bell peppers with this salad to make for dinner the next night. Preheat oven to 350 degrees. Take a bell pepper, cut in half lengthwise, pull the seeds and white membranes out. Place it in a glass pan and fill with 1/2 cup quinoa salad. I also usually add about an additional teaspoon of feta cheese to each half pepper. Cover with foil and bake until tender, approximately 45 minutes for 4 bell pepper halves.

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