

Quinoa Greek Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-salad-recipe-with-quinoa>

Ingredients:

- 1 cup dry quinoa
- 1 teaspoon salt
- 2 cups cucumbers diced, seeded if the cucumbers are very seedy, and peeled if the cucumbers have thick peels
- 1/3 cup diced red onion finely
- 2 cups cherry or sungold tomatoes, halved
- 2 tablespoons red bell pepper finely diced
- 1/2 cup pitted kalamata olives chopped
- 1 tablespoon fresh mint thinly sliced
- 1 1/2 teaspoons fresh oregano chopped
- 2 tablespoons fresh parsley chopped
- 1/4 cup olive oil high quality
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons salt
- 1/2 cup crumbled feta cheese omit for vegan option

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 15 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 1840 milligrams
9. Sugar: 12 grams

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