

Simple Mediterranean Quinoa Salad

Yield: 4 min
Total Time: 2 min

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

Ingredients:

- 1 cup quinoa uncooked
- 1 cup tomatoes diced
- 1 cup cucumber peeled and diced
- 1/3 cup red onion diced
- 1/4 cup Kalamata olives sliced
- 3 tablespoons fresh herbs chopped finely, oregano, parsley, mint, dill, etc.
- Italian dressing or Generous drizzle of Greek
- 1/4 cup feta crumbled
- 2 slices bacon crumbled
- 1 can chickpeas drained
- 1 cup chicken or steak, sliced

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 55 milligrams
4. Fat: 17 grams
5. Fiber: 9 grams
6. Protein: 27 grams
7. SaturatedFat: 5 grams
8. Sodium: 790 milligrams
9. Sugar: 3 grams

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