

Favorite Quinoa Salad

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-dressing-recipe>

Ingredients:

- 1 cup quinoa uncooked, rinsed in a fine-mesh colander
- 2 cups water
- 15 ounces chickpeas rinsed and drained, or 1 ½ cups cooked chickpeas
- 1 cucumber medium, seeded and chopped
- 1 red bell pepper medium, chopped
- ¾ cup red onion chopped, from 1 small red onion
- 1 cup flat leaf parsley finely chopped, from 1 large bunch
- ¼ cup olive oil
- ¼ cup lemon juice from 2 to 3 lemons
- 1 tablespoon red wine vinegar
- 2 cloves garlic pressed or minced
- ½ teaspoon fine sea salt
- freshly ground black pepper to taste

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 62 grams
3. Fat: 17 grams
4. Fiber: 10 grams
5. Protein: 13 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 630 milligrams
8. Sugar: 4 grams

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