



QUINOA SALAD

INGREDIENTS

- 1 cup of uncooked quinoa (rinsed)
- 1 small red onion (finely chopped)
- 1 English cucumber (cubed)
- Lemon juice from 2 lemon wedges
- 1 cup cherry tomatoes (halved)
- ¼ cup Italian dressing

DIRECTIONS

1. Prepare the quinoa according to the package directions and let it cool.
2. Combine the red onion, English cucumber, cherry tomatoes in a bowl and toss.
3. Add the cooled quinoa, toss with Italian dressing, lemon juice and ground black pepper.
4. Best served cold.