



Mediterranean Quinoa Salad

Ingredients

2 cups uncooked C&F Foods Quinoa
3 1/2 cups chicken broth
3 tablespoons extra-virgin olive oil
1 teaspoon lemon zest
2 tablespoons lemon juice
1 tablespoon parsley, chopped
1 tablespoon shallots, minced
1 teaspoon red wine vinegar
Salt to taste
1 cup (about 10 ounces) cherry tomatoes, halved
1/2 cucumber, seeds removed, chopped
1/2 cup pitted kalamata olives, chopped
1/4 cup feta cheese, crumbled (optional)
Freshly ground pepper to taste

Preparation

Rinse quinoa in a fine sieve placed inside a larger bowl under cold running water. Combine broth and quinoa in a medium saucepan and bring to a boil. Reduce to a simmer, cover, and cook until grains are translucent and the germ has spiraled out from each grain (about 15 minutes). Transfer to a medium bowl and cool to room temperature.

Combine olive oil, lemon zest, lemon juice, parsley, shallots, vinegar and salt in a large bowl and mix until well combined. Add in quinoa, tomatoes, cucumber, and olives; toss to combine. Add ground pepper and feta, if using. Can be made up to 2 days in advance. Serves 6.