

Summer Quinoa Salad

Ingredients:

- 1 cup quinoa
- 1 Tbsp butter
- 1 garlic clove, finely minced
- ½ tsp sea salt
- 2 cups water or broth
- 1 medium cucumber, peeled & chopped
- 1 medium tomato, chopped
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar



Directions:

Cooking Quinoa (Basic Quinoa Recipe):

1. In a fine mesh colander, rinse quinoa well. If you skip this step the quinoa will be bitter. (Or purchase pre-rinsed quinoa and skip this step.)
2. In a large deep skillet heat butter over medium heat.
3. Add & cook the garlic, stirring to avoid burning.
4. Add the quinoa and cook, stirring constantly until the grains are golden.
5. Stir in broth (or water) and salt.
6. Bring to a boil, reduce the heat, and simmer for about 15-20 minutes, or until the liquid is absorbed. Fluff with a fork.

To make salad:

1. In a large bowl combine cooked quinoa, cucumber, tomatoes, olive oil, and balsamic vinegar & mix well. Feel free to add more veggies, olive oil, or balsamic vinegar to your liking
2. Sprinkle feta cheese on top and enjoy!