



# Mediterranean Quinoa Salad

## INGREDIENTS

- 1 c multi-colored quinoa (thoroughly rinsed)
- 2 c chicken broth
- 2 Persian cucumbers sliced into small cubes
- 1 c Heirloom cherry tomatoes sliced in half
- 2 scallions diced (white and green)
- 1/2 c toasted walnuts chopped
- 1/3 c crumbled Feta cheese
- 1/8 c dijon mustard
- 1/4 c red wine vinegar
- 3/4 c canola oil
- salt and herbs to taste

## INSTRUCTION

1. Combine the quinoa and chicken broth into a medium quart pan and bring to a simmer uncovered for 5 minutes.
2. Cover the pot and simmer on low for 15-20 minutes or until cooked.
3. Transfer the cooked quinoa to a mixing bowl and let cool while occasionally tossing. Be careful not to break the grains.
4. Create the dressing by combining the dijon mustard, red wine vinegar, canola oil, and salt and herbs to taste in a small bowl.
5. In a separate bowl add the sliced cucumbers, tomatoes, scallions, toasted walnuts and toss lightly with the dressing. Add the quinoa and toss to coat. Refrigerate for a few hours overnight. Add the feta cheese as the final topping and enjoy!