

Cucumber and Quinoa Salad

This refreshing Cucumber and Quinoa Salad is a perfect main dish for a light meal. Packed with nutrients and flavors, it's a delightful combination of crunchy cucumbers, fluffy quinoa, and zesty lemon dressing.



Main Dish

15 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 medium cucumber, diced
- 1/2 cup cooked quinoa
- 1/4 cup cherry tomatoes, halved
- 1/4 red onion, finely chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Steps

- 1 In a mixing bowl, combine the diced cucumber, cooked quinoa, cherry tomatoes, and red onion.
- 2 In a separate small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
- 3 Pour the dressing over the salad mixture and toss well to combine.
- 4 Taste and adjust seasoning if necessary.
- 5 Garnish with fresh parsley and serve immediately.