

Cucumber and Quinoa Salad Bowl

This refreshing Cucumber and Quinoa Salad Bowl is a light yet filling main dish that combines the crunch of fresh cucumbers with protein-packed quinoa. Perfect for a quick lunch or dinner, it's both nutritious and delicious!



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

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

Steps

- 1 In a bowl, combine the diced cucumber, cooked quinoa, cherry tomatoes, and chickpeas.
- 2 In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
- 3 Pour the dressing over the salad and toss gently to combine.
- 4 Garnish with chopped parsley before serving.