

Cucumber and Quinoa Salad with Lemon Vinaigrette

This refreshing cucumber and quinoa salad is perfect for a light meal. Packed with nutrients and flavors, it features crunchy cucumbers, fluffy quinoa, and a zesty lemon vinaigrette that ties everything together.



Main Dish

15 min

Total time

easy

Difficulty

220

kcal / serving

Ingredients

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

Steps

- 1 In a bowl, combine the diced cucumber, cooked quinoa, cherry tomatoes, red onion, and parsley.
- 2 In a separate small bowl, whisk together the olive oil, lemon juice, salt, and pepper to make the vinaigrette.
- 3 Pour the vinaigrette over the salad and toss well to combine.
- 4 Let the salad sit for a few minutes to allow flavors to meld before serving.