

French Style Quinoa Salad

This French-inspired quinoa salad is a flavorful, easy-to-make dish. It's light, healthy and full of crunchy vegetables and herbs.



Salad

French

45 min

Total time

Easy

Difficulty

215

kcal / serving

Nutrition per serving (estimated)

Protein 5 g

Carbs 29 g

Fat 9 g

Fiber 4 g · Sugar 8 g · Sodium 380 mg

Ingredients

- 1/4 cup quinoa
- 1/4 cup French dressing
- 1/4 cup diced carrots
- 1/4 cup diced celery
- 1/4 cup diced cucumber
- 1/4 cup diced onion
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

Substitutions

fresh parsley – Chopped fresh chives for a similarly fresh, savory herb note.

cucumber – Diced zucchini for a mild, crisp vegetable with a similar texture.

French dressing – A similar quantity of vinaigrette for a tangier, less creamy dressing.

Steps

- 1 Cook the quinoa in salted water until tender, about 10 minutes. Drain and cool.
- 2 In a medium bowl, combine the quinoa and French dressing.
- 3 Add the carrots, celery, cucumber, onion, and parsley. Stir to combine.
- 4 Season with salt and pepper to taste.
- 5 Refrigerate the salad for at least 30 minutes before serving. Enjoy!

Chef's tips

- The salad is ready to serve when the quinoa is cool and fluffy, with the vegetables still crisp and distinct.
- Dice the vegetables to a similar small size so they mix evenly and are easy to eat with the quinoa.
- Allow extra chilling time if you prefer a more melded dressing flavor; the vegetables may soften slightly as the salad sits.

Drink pairing

A dry, crisp rosé

Its bright fruit and refreshing acidity complement the crunchy vegetables and tangy dressing without overpowering the light salad.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers promptly in a covered container and eat within 3-4 days. Serve chilled; discard if left at room temperature for more than 2 hours.

Frequently asked questions

Can I make this salad ahead?

Yes. Prepare it a few hours ahead and keep it covered in the refrigerator; the flavors will mingle as it chills.

How can I tell if the quinoa has cooled enough?

It should feel cool rather than warm, with no visible steam, before mixing with the dressing and vegetables.

What goes well with this salad?

Serve it alongside grilled vegetables or a simple sandwich for a light lunch, or as a fresh side with a main dish.