

Mediterranean Quinoa Salad

This vibrant Mediterranean Quinoa Salad is packed with fresh vegetables, herbs, and a zesty lemon dressing. It's nutritious, colorful, and perfect for a light lunch or side dish.



Salad

Mediterranean

30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1/4 cup cherry tomatoes, halved
- 1/4 cucumber, diced
- 1/4 bell pepper, diced
- 2 tablespoons red onion, finely chopped
- 2 tablespoons feta cheese, crumbled
- 2 tablespoons olives, sliced
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Steps

- 1 Rinse the quinoa under cold water.
- 2 In a small pot, combine quinoa and water. Bring to a boil, then reduce heat, cover, and simmer for about 15 minutes until water is absorbed. Remove from heat and let sit covered for 5 minutes.
- 3 In a large bowl, combine the cooked quinoa with cherry tomatoes, cucumber, bell pepper, red onion, feta cheese, olives, and parsley.
- 4 In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
- 5 Pour the dressing over the salad and toss gently to combine.
- 6 Serve immediately or chill in the refrigerator for 30 minutes for flavors to meld.