

Mediterranean Quinoa Salad

A refreshing and nutritious salad combining fluffy quinoa, crisp vegetables, and tangy feta cheese, dressed with a light lemon-olive oil vinaigrette. Perfect for a healthy and satisfying meal.



Salad

Mediterranean

15 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

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

Steps

- 1 Cook quinoa according to package instructions and let it cool.
- 2 In a bowl, combine cooked quinoa, cherry tomatoes, cucumber, red onion, olives, and parsley.
- 3 In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
- 4 Pour the dressing over the salad and toss gently to combine.
- 5 Sprinkle crumbled feta cheese on top before serving.