

Quinoa Veggie Salad

A healthy and delicious American salad packed with nutritious ingredients like quinoa, vegetables, and a tangy vinaigrette dressing.



Salad

American

35 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

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

Steps

- 1 In a mixing bowl, combine the cooked quinoa, cherry tomatoes, cucumber, bell peppers, red onion, and parsley.
- 2 In a separate small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper to make the dressing.
- 3 Pour the dressing over the quinoa mixture and toss until well coated.
- 4 Let the salad marinate in the refrigerator for at least 30 minutes to allow the flavors to meld.
- 5 Serve chilled and enjoy!