

Summer Quinoa Salad

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

2 servings

Ingredients:

1 cup quinoa
2 cups water
1/4 cup extra-virgin olive oil
1 lemon, juiced
1 tablespoon dijon mustard
1 cup halved grape tomatoes
1 avocado, diced
2 tablespoons chopped Italian parsley
2 tablespoons chopped fresh basil
Salt and pepper to taste

Directions:

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lemon juice, dijon, salt and pepper together in a bowl.
3. Combine quinoa, tomatoes, avocado and herbs together in a bowl. Pour dressing over quinoa mixture; toss to coat. Serve immediately or chill in refrigerator.

Chef Mat Shalenko

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