

# Mediterranean Quinoa Salad

## Ingredients:

### For the dressing:

- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1/2 tablespoon pure maple syrup
- 1/2 tablespoon dried oregano
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

### For the salad

- 1 1/2 cups uncooked quinoa
- 2 1/2 cups water
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped
- 1/2 large red onion, chopped
- 1 1/2 cups cherry tomatoes, chopped
- 3/4 cup feta cheese
- 3/4 cup Kalamata olives, pitted and halved
- 1 cup parsley, loosely packed and finely chopped

## Directions:

1. Place the quinoa in water using a medium pot. Bring to a boil then reduce heat to low and simmer covered for about 15 minutes, or until quinoa is cooked through. Fluff with a fork.
2. Whisk together the dressing ingredients and set aside. Place cucumber, pepper, red onion, tomatoes, feta, olives, and parsley in a large bowl. Add cooked quinoa, stirring to combine.
3. Pour dressing over salad and toss to combine. Serve!

Serves: 5 | Serving Size: 1/5 of dish

Per serving: Calories: 383; Total Fat: 19g; Saturated Fat: 4g; Monounsaturated Fat: 9g; Cholesterol: 12mg;

Sodium: 674mg;

Carbohydrate: 43g; Dietary Fiber: 6g; Sugar: 5g; Protein: 12g

Nutrition Bonus: Potassium: 443mg; Iron: 22%; Vitamin A: 33%; Vitamin C: 81%; Calcium: 11%