

Quinoa Veggie Salad

Try out this fresh summer side dish. Quinoa, pronounced “keen-wah” is a healthy whole grain with a nutty taste. It is recognized as a “superfood” due to its nutritional content. Not only is it high in fiber and iron but it a complete protein (contains all of the essential amino acids) which is rare in plant foods. Look for at your regular grocery store in the rice/grain aisle.

Ingredients:

- 2 cups quinoa
- 2 cups water
- 2 Tablespoons red wine vinegar
- 1 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon lemon juice
- 2 teaspoons Dijon mustard
- 1/2 cup canola oil
- 1 cucumbers, peeled and chopped
- 1/2 green bell pepper, chopped
- 1/4 red onion, chopped
- 1 tomatoes, chopped
- 1/2 (15 ounce) can black olives, chopped

Preparation:

1. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes. Scrape the cooked quinoa into a large bowl and refrigerate until cold, about 1 hour.
2. Place the vinegar, salt, pepper, lemon juice, and mustard into a blender. Drizzle in the oil while blending at high speed until the dressing is thick.
3. Add the cucumbers, bell pepper, red onion, tomato, and olives to the bowl with the quinoa. Pour the dressing otop and gently fold until evenly mixed.

Makes 12, ½ cup servings

Nutritional Information for ½ cup:

Calories: 215 Protein: 4.4 g Fat: 13g Carbohydrate: 21.2g Fiber: 2.9 g

Source: www.allrecipes.com