

Quinoa Power Salad

INGREDIENTS

- 2 cups cooked quinoa (about 1 cup dry)
- 1 can (15 oz) garbanzo beans, drained and rinsed
- 1 cup shelled edamame, cooked and cooled
- 1 red bell pepper, diced
- 1 cucumber, diced
- 1 cup cherry or grape tomatoes, halved
- ½ cup crumbled feta cheese (optional)
- 3 tbsp olive oil
- 2 tbsp lemon juice (or red wine vinegar)
- 1 clove garlic, minced
- 1 tsp dried Italian herbs (or a mix of oregano, basil, thyme)
- Salt & pepper to taste
- Serves 4-6

DIRECTIONS

Prepare quinoa according to package directions. Let cool completely before assembling the salad. In a small bowl or jar, whisk together olive oil, lemon juice, garlic, herbs, salt, and pepper until well combined. In a large bowl, combine quinoa, garbanzo beans, edamame, bell pepper, cucumber, and tomatoes. Pour dressing over the top and toss until evenly coated. Chill for 30 minutes and gently fold in feta cheese (optional) just before serving.

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