



Quinoa Rainbow Salad

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups water
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1 bell pepper (any color), diced
- 1 cup shredded carrots
- 1/2 cup red onion, finely chopped
- 1/2 cup fresh parsley, chopped
- 1/4 cup feta cheese, crumbled*

For the Dressing:

- 3 TBS extra virgin olive oil
- 1 TBS balsamic vinegar
- 1 TBS lemon juice
- 1 tsp Dijon mustard
- Salt and pepper to taste

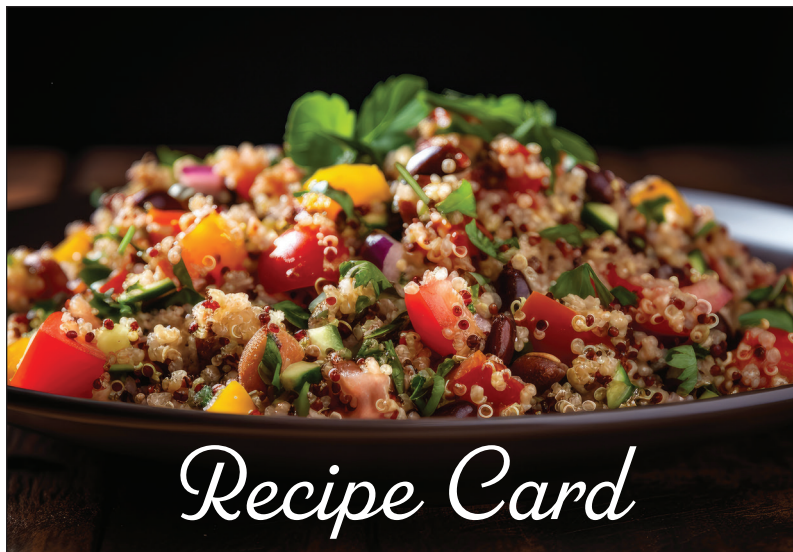
INSTRUCTIONS

Cook Quinoa:

1. In a medium saucepan, combine quinoa and water.
2. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes or until quinoa is cooked and water is absorbed.
3. Fluff with a fork and let it cool.

Prepare Vegetables:

1. In a large bowl, combine cherry tomatoes, cucumber, bell pepper, shredded carrots, red onion, and fresh parsley.



Make Dressing:

1. In a small bowl, whisk together olive oil, balsamic vinegar, lemon juice, Dijon mustard, salt, and pepper.

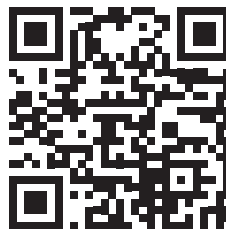
Assemble Salad:

1. Add the cooled quinoa to the bowl of vegetables.
2. Pour the dressing over the salad and toss gently to combine.
3. If using feta cheese, sprinkle it over the salad and toss lightly.

Serve:

1. Chill the salad in the refrigerator for at least 30 minutes before serving to allow the flavors to meld.
2. Serve as a refreshing and nutrient-packed side dish or a light meal.

Feel free to customize the recipe by adding other colorful vegetables or your favorite protein source. This Quinoa Rainbow Salad is not only visually appealing but also a powerhouse of nutrition! Enjoy!



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