



## SUMMER SALAD

Summer is upon us and it is the season for BBQs and picnics. Try this fun and healthy salad that goes great with any grilled meat selection or for any of those vegetarians out there! It is naturally gluten free and packs a lot of nutrients between the quinoa, vegetables, olives, and olive oil.

### INGREDIENTS

2 cups water  
1 cup quinoa  
Pinch of Sea Salt  
1 cup grape tomatoes, halved  
1 cup chopped cucumber  
½ cup pitted Kalamata olives, halved  
¼ cup diced red onion

1/3 cup feta cheese (You can offer this on the side as a topping)  
Salt and freshly ground black pepper for taste

### Dressing

¼ cup olive oil  
3 tablespoons red wine vinegar  
1 teaspoon dried oregano

### DIRECTIONS

1. Using a strainer, rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature.
2. In a large bowl, combine quinoa, tomatoes, cucumber, kalamata olives, red onion, and feta cheese (or on the side).
3. To make the dressing, whisk together olive oil, red wine vinegar, and oregano in a small bowl. Pour dressing over the salad and stir until mixed well. Season with salt and pepper, to taste.

For best flavor, refrigerate 2 hours and then serve.

<http://www.twopeasandtheirpod.com/greek-quinoa-salad/>