

Quinoa with Veggies & Citrus Dressing

EDIBLE ENERGY

Ingredients

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 2 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped
- ¾ cup chopped red onion
- 1 cup finely chopped flat-leaf parsley

Dressing

- ¼ cup olive oil
- ¼ cup plus lemon juice
- 1 tablespoon red wine vinegar
- 2 cloves garlic, minced
- ½ teaspoon fine sea salt
- Freshly ground black pepper, to taste

1. In a large bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley.
2. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
3. Once the quinoa is mostly cool, add it to the vegetables and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavor, let the salad rest for 5 to 10 minutes before serving.
4. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

Notes:



- You can cook the quinoa and chop veggies the day before and dress just before using.
- You will likely need $\frac{2}{3}$ - $\frac{3}{4}$ of the dressing for this salad. Save the rest for another green salad.

Calories: approximately 120/serving

Yields: 12 servings