



CELEBRATE SALAD!

CUCUMBER QUINOA SALAD

ADAPTED FROM www.gimmesomeoven.com

FOR THE SALAD:

- 1 English cucumber, diced (or 2 regular cucumbers seeded and partially peeled)
- 2 cups chilled* quinoa (use 2/3 cup dry quinoa with 1 1/3 cup water to prepare)
- ½ cup diced red onion
- 1/3 cup julienned or roughly chopped fresh basil leaves
- 1 batch Lemony Italian Vinaigrette (see below)

FOR THE LEMONY ITALIAN VINAIGRETTE DRESSING:

- ¼ cup olive oil
- 2 Tbs. apple cider vinegar
- 1 Tbs. fresh lemon juice
- ½ tsp Italian seasoning
- Pinch of salt and freshly ground black pepper

1. Toss all the salad ingredients until evenly distributed.
2. Whisk all the vinaigrette ingredients together until combined
3. Pour dressing over quinoa salad and toss.

- * If you need to cook the quinoa immediately beforehand, just spread the cooked quinoa out in a thin layer in a baking pan and pop it in the freezer for 15-20 minutes. That will help it cool down quickly.