

Mediterranean Quinoa Salad

Serves 2

Ingredients:

3/4 cup Quinoa
1 1/4 cups Water
1 small Cucumber cut in half, seeded (optional) and sliced or 1/2 cup diced celery from inner hearts
1/4 cup Kalamata Olives
1 ripe Avocado, diced
1 tbs slivered Mint Leaves
2 tbs chopped fresh Parsley
1 tbs Lemon Juice
1 tbs Apple Cider Vinegar
1/4 tsp Dried Mustard
1 small clove Garlic, chopped fine
2 tbs extra virgin Olive Oil
Sea Salt to taste
Freshly Ground Pepper
6 oz organic mixed spring salad greens, baby spinach, arugula, or combination

Directions:

Place quinoa in a strainer and rinse with cold water if from a bin, boxed quinoa does not need to be rinsed. Place in saucepan with water and a small amount of sea salt. Bring to a boil, cover and simmer for 15 minutes or until grains show a thread-like spiral and water is absorbed. Remove from heat, remove the lid and lace a dish towel over the pan. Return the lid to the pan and let sit for 10 minutes or longer undisturbed. Transfer to a salad bowl and fluff with fork. Allow to cool.

Add cucumbers, olives, avocados, mint, parsley to the bowl. Which together lemon juice, apple cider vinegar, mustard, garlic, salt, and oil. Just before serving, toss greens with 3 tablespoons dressing. Toss quinoa mixture with remaining dressing. Toss together greens and quinoa mix. Also good topped with grilled chicken or salmon.

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*"Your greatest risk is in thinking too small. Think big. Life is too short to think small."
-Rita Gharsorey*