



## Quinoa Greek Salad with Lemon Vinaigrette

### U.S.

*For the Salad:*

1 cup	Quinoa
2 cups	Vegetable Stock or Water
1 cup	Cucumber, diced small
1 cup	Tomatoes, diced small
1/4 cup	Feta Cheese, crumbled
1/4 cup	Pine Nuts (optional), toasted

### Metric

177 g
473.2 mL
104 g
180 g
28.3 g
35.5

*Vinaigrette:*

1/2 cup	Olive Oil	118.3 mL
1/4 cup	Lemon Juice	59.2 mL
1/2 tsp	Oregano, dried	0.5 g
1/2 tsp	Salt, Kosher	3 g
1/2 tsp	Black Pepper, ground	1.2 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Place a large pot over medium-high heat. Add the quinoa and stock or water to the pot and bring it to a boil then drop to a simmer. Simmer the quinoa on low until tender and liquid has evaporated, about 15 minutes.
3. Once tender, transfer the quinoa to a sheet pan and place in the fridge to cool, about 10-15 minutes.
4. For the vinaigrette, combine all ingredients a bowl and whisk until fully incorporated.
5. Once the quinoa has cooled, combine with the vegetables and 1/3 cup of the vinaigrette in a large bowl; toss and serve.

**\*\*Nutrition Facts on Reverse**

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**Nutrition Facts****Serving size**                    **1/2 cup**  
**Servings**                            **6****Calories**                            211  
Calories from Fat                108Total Fat                                12 g  
Saturated Fat                        3 g  
Trans Fat                                0 g  
Monounsaturated Fat            7 g  
Cholesterol                            8 mg  
Sodium                                 144 mg  
Carbohydrates                    21 g  
Dietary Fiber                        2 g  
Sugars                                 2 g  
Protein                                 6 gVitamin A                            177 %  
Calcium                                0 %  
Vitamin C                            2 %  
Iron                                     1 %  
Phosphorus                        0 mg

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