

Mediterranean Quinoa Salad

Neita served this delicious salad at our 2017 Tastee Luncheon.

1 c quinoa

⅓ c extra virgin olive oil

2 T lemon juice

2 t minced garlic

1 t dried oregano leaves

salt and pepper to taste

1 (15 oz) can chickpeas, drained and rinsed

½ c diced red pepper

½ c sliced green olives

½ c diced red onion

½ c crumbled feta cheese

2 T minced Italian parsley

Cook quinoa according to package directions. Cool to room temperature. Fluff with fork.

Whisk oil, lemon juice, garlic, and oregano in large bowl, season with salt and pepper.

Add quinoa, chickpeas, peppers, olives, onions, feta cheese, and parsley to bowl. Stir to combine. Chill 30 minutes to blend flavors.