



# Mediterranean Quinoa Salad

Prep: 15 minutes | Cook: 15 minutes | Chill: 20 minutes | Total: 50 minutes

Yield: 2 servings | Serving Size: 1 cup

## Ingredients

- ½ cup uncooked quinoa, rinsed
- 1 cup water
- ½ medium cucumber, chopped (about ½ cup)
- ¼ cup chopped roasted red pepper or ½ cup halved cherry or grape tomatoes
- ¼ cup kalamata olives, pitted and chopped
- ½ cup chopped fresh parsley
- ¼ cup crumbled feta

## Dressing

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons lemon juice (about ½ lemon)
- 1 teaspoon Dijon mustard or brown mustard

## Recipe Notes

- Consider substituting bulgur or barley for the quinoa, cooking it according to the package directions.
- This salad is also good with the addition of rinsed canned white beans and/or chopped pitted dates.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 14 g | Saturated Fat: 4 g  
Sodium: 430 mg | Total Carbohydrate: 34 g | Dietary Fiber: 8.5 g | Protein: 8.5 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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