

Recipe Name Mediterranean Quinoa Salad

Ingredients:

- 1 cup dry quinoa, cooked and cooled
- 3 scallions, small dice
- ½ red onion, small dice
- 1 oz. pkg. fresh mint, chopped (1/4 cup packed)
- Flat leafed parsley, chopped (1/3 cup packed)
- 2 naval oranges, sections removed, juice saved
- Slivered almonds, 1 cup
- Kalamata olives, pitted and sliced, ½ cup
- 4 cups of your favorite greens (I like arugula, but any greens will work here)
- ¼ cup Goat milk feta (if tolerated, many who do not tolerate cow milk can tolerate goat milk) or homemade vegan feta (see recipe) – optional

Dressing:

- 1/3 cup fresh squeezed orange juice
- 1/3 cup extra virgin olive oil
- 3 Tbsp. white wine vinegar
- ½ Tbsp. minced garlic
- Kosher salt & pepper

Directions

1. Cook quinoa and allow to cool.
2. Prep all vegetables and herbs.
3. In a small bowl, whisk together all the dressing ingredients. Taste and season with salt/pepper. It should be slightly salty. The quinoa ingredients will balance out the salt.
4. In a medium bowl, toss cooled quinoa with scallions, red onion, mint, parsley, slivered almonds, olives, orange sections and optional feta.
5. Pour 3/4 of the dressing over the quinoa and toss. This can be served as is or tossed with greens.
6. Pour the last ¼ of dressing over greens and toss. Add quinoa salad and toss lightly. Top with extra slivered almonds, olives, mint, and feta if desired.