

Mediterranean Quinoa Salad



20 min



2 servings



PER SERVING
240 CAL
FAT: 10.7g
CARB: 30.8g
PROTEIN: 6.4g

INGREDIENTS

For the dressing:

- 3 tbsp Lemon Juice
- 2 tbsp Apple Cider Vinegar
- ½ tbsp Olive Oil
- ¼ tsp of Oregano

For the salad:

- 1 cup Quinoa, cooked
- 2 cups Spinach
- 1 Red Pepper, diced
- 10 Grape Tomatoes, halved
- 10 Kalamata Olives, sliced

DIRECTIONS

1. Whisk together all the dressing ingredients in a small bowl. Set aside.
2. In a large bowl, combine the quinoa, spinach and about half of the prepared dressing. Mix well with a wooden spoon.
3. Add the red pepper, tomatoes, olives and the remainder of the dressing. Mix well.



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