



SUMMER FRESH HEALTHY QUINOA SALAD

SUBMITTED BY: Zoya Tabash, RN - ED

DIRECTIONS:

1. **Salad:** 1 cup of dried quinoa (make by adding 2 cups of water to 1 cup of dried quinoa and cooking over the stove top). 1 small red onion chopped finely, 1 cup of feta crumbled (Can add more if you want!), 1 cup of corn (cooked and off the cob is best), 1/3 cup of fresh cilantro, 1 cup of fresh blueberries, 1/2 cup of pineapple (may omit if not a favored fruit), 1 cup of shopped almonds or pistachios
2. **Dressing:** 1/2 cup of olive oil, 1/2 cup chopped fresh cilantro, 1/4 teaspoon of salt, 1/4 teaspoon of pepper, 1/2 jalapeño seeded,
3. Blend all ingredients above together
4. Pour the dressing over the cooled quinoa and all other ingredients.
5. Refrigerated salad is best.
6. Add sliced avocado before eating!
7. Enjoy!

INGREDIENTS:

Salad:

- 1 cup of dried quinoa
- 1 small red onion
- 1 cup feta crumbled
- 1 cup corn
- 1/3 cup of fresh cilantro
- 1 cup of fresh blueberries
- 1/2 cup of pineapple
- 1 cup of shopped almonds or pistachios

Dressing:

- 1/2 cup of olive oil
- 1/2 cup chopped fresh cilantro
- 1/4 teaspoon of salt
- 1/4 teaspoon of pepper
- 1/2 jalapeño seeded