

Greek Quinoa Salad

This flavourful salad can be served as a main course or with pan-seared shrimp, skewered chicken or pork.

Ingredients

- 3 cups (750 mL) hot, low-sodium chicken broth or vegetable broth
- 1-1/2 cups (375 mL) quinoa, rinsed
- 1 cup (250 mL) grape or cherry tomatoes, halved
- 1 small English cucumber, unpeeled, roughly chopped
- 1 small red onion, halved and very thinly sliced
- 1 red/yellow/orange pepper diced
- 1/2 cup (125 mL) whole black olives (not canned)
- 1 head romaine lettuce, outer leaves removed, rinsed, torn into pieces - optional
- 4 oz (125 g) feta cheese, crumbled – optional



Dressing

- 2 tbsp (30 mL) fresh dill, chopped OR if using dry dill start with 1tsp and add more if needed
- 2 cloves garlic, minced
- 1/2 cup (125 mL) extra-virgin olive oil
- 3 tbsp (45 mL) lemon juice
- 1/2 tsp (2 mL) salt
- Pepper to taste

Preparation

Heat the chicken or vegetable broth in a large saucepan placed over high heat.

When it has just come to the boil, add the quinoa and stir well.

Allow to return to the boil, then immediately reduce heat to medium-low and simmer for 15 to 20 minutes or until liquid has been absorbed.

When cooked, transfer mixture to a large, shallow bowl to cool.

Combine the dill, garlic, olive oil, lemon juice, salt and pepper in a small bowl. Whisk to blend well. Taste and adjust seasoning if necessary.

Option 1: The easy way!

Place all veggies and cooled quinoa in a large bowl and pour dressing over.

Toss all together and place in fridge so flavours can blend.

Add cheese before serving.

Option 2: Slightly more work

Place the tomatoes, cucumber, onion and black olives in a bowl and drizzle over half of the vinaigrette. Toss well to coat the vegetables with the dressing. Arrange torn romaine on a serving platter. Top with cooled and fluffed quinoa. Then, pile the dressed vegetables on top of the quinoa. Crumble the feta over the top. Drizzle reserved dressing over top. Garnish with fresh dill and serve.

Feel free to add or subtract veggies that you love and those that you hate! Personally, I do not like olives so I omit them but I love green onions so I tend to add them in.