



Mediterranean Inspired Quinoa Salad

As you may know, quinoa is actually a seed. It is high in protein, gluten-free, easy to digest, and quick to cook. Our chef today takes some of his favorite Mediterranean flavors and shows us how to make a warm quinoa salad. Served with lemon dressing, this combination of olives, capers, and sun-dried tomatoes is a delicious change of pace.

Prep time for this recipe is 10 minutes, with cooking time of 15 minutes. Serves 4

Ingredients:

- 1 ½ cup Quinoa
- 3 cups vegetable broth
- 1 cup of dried mushrooms (optional)
- 3 tablespoons of sun dried tomatoes
- 1 cup of grape (cherry) tomatoes
- 1/2 cup of green or black olives
- 1/2 cup of capers
- 1/2 cup of roasted red peppers
- 1 small (1/2 large) shallot, very thinly sliced
- Zest and juice of 1 large yellow lemon
- 1/4 cup of olive oil or sun-dried tomato oil
- 1 cup of feta cheese, cubed (optional)
- Chopped green onions (scallions)

Preparation Process:

1. In a sauce pan, add the vegetable stock, quinoa, mushrooms and sun dried tomatoes. Bring to a boil and immediately reduce to a low heat. Cover pot with lid, and simmer on low heat for 10 minutes
2. While the quinoa is cooking, prepare the dressing: take the lemon zest and juice and add them to a small bowl. Add the olive or sun dried tomato oil and whisk together to make a lemon dressing for the quinoa salad

3. Add the grape tomatoes, olives, capers, roasted red peppers and shallots to the pot. Cover and simmer for another 5 minutes on low heat.
4. Remove the pot from heat. Mix the contents well so that the quinoa is light and fluffy.
5. Transfer the quinoa to a serving bowl. If you want to add cubed feta, add it now.
6. Pour the lemon dressing on the quinoa and mix together.
7. Serve this warm (as is) or chill in the refrigerator for several hours before serving
8. Serve into individual bowl. Garnish with green onions

Important Seasoning note: The capers, olives, and the optional feta cheese all contain a good amount of salt. Rinse them with tap water before adding to this dish to minimize the sodium. Taste the dish before adding salt or additional seasoning to this salad to prevent over-seasoning. Add black pepper as desired.

Bonus Items

If you want to watch the video again, click [here](#).