



# Tri-colored Quinoa Salad with Mediterranean Vinaigrette

## Ingredients:

### For the Salad

|                                    |             |
|------------------------------------|-------------|
| Dried Tri-color Quinoa             | 1 cup       |
| Sliced Vine Ripe Tomato            | 2-3 / plate |
| Sliced Cucumber                    | 5-6 / plate |
| Small Diced Bell Peppers           | 1/8 cup     |
| Small Diced Zucchini               | 1/8 cup     |
| Athenos Reduced Fat feta, crumbled | ½ cup       |

### For the Mediterranean Vinaigrette

|                               |          |
|-------------------------------|----------|
| Fresh garlic, minced          | ¼ tsp    |
| Fresh Rosemary leaves, minced | ¼ tsp    |
| Fresh Parsley, minced         | ½ tsp    |
| Fresh Oregano, minced         | ½ tsp    |
| Zest and Juice of Lemon       | 2 Tbsp   |
| White Vinegar                 | 1 Tbsp   |
| Whole Grain Mustard           | ½ tsp    |
| Extra Virgin Olive Oil        | ¼ cup    |
| Honey                         | optional |

## Preparation:

*Prepare the Quinoa:* Bring 2 cups of water to a boil in a heavy 4 quart pot. Stir in the dried quinoa. Bring the pot back to a slow boil and cook until the quinoa just starts to split open and is tender, about 20 minutes. Drain the quinoa through a fine mesh strainer and spread out in a shallow pan. Place it in the refrigerator until cool, approximately 1 hour.

*Prepare the Mediterranean Vinaigrette:* Place all the ingredients except the olive oil in to a blender. Start blending on a medium-high speed while slowly drizzling in the oil. Once the oil is fully incorporated taste the dressing. If the dressing tastes a bit bitter, blend in a small amount of honey. If it is too tart or too loose, blend in a small amount more olive oil.

Place the cooled quinoa in a mixing bowl and drizzle with the vinaigrette. Add the diced bell peppers and zucchini to the bowl then mix well to incorporate. The mixed salad should be able to hold its shape if formed in to a ball in your hand.

Lay out 4 plates on a flat surface. Arrange 2 to 3 sliced tomatoes around each plate, followed by the sliced cucumbers. Fill the center of the plate with one-fourth of the mixed quinoa, either loosely or molded in a small upturned bowl. Top with 1 oz. of reduced fat, crumbled feta cheese.

Great additions to this salad include poached shrimp, lemon pepper roasted chicken, or chilled crab, and a hunk of sourdough bread.

Serves 4.

**Nutrition per serving:** 470 calories, 27 g fat (3 g sat fat), 43 g carb, 15 g protein, 10 mg cholesterol, 371 mg sodium

### Recipe Makeover

*We reduced the saturated fat in the original recipe by using reduced-fat feta and smaller portions of it. The sodium was reduced by leaving the salt out of the boiling water when cooking the quinoa and omitting it from the vinaigrette. Be prudent with cheese and prepared mustard which are very salty ingredients.*

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