

Quinoa Salad

The Optimal Diet Cookbook
by Blaney & Diehl

Prep. Time: 25 minutes

8 Servings

1½ c. quinoa
2½ c. water
½ t. garlic powder

WASH quinoa very well under faucet using a fine-mesh colander.
COMBINE with water and garlic.
BRING to boil, **TURN** to low, **COVER** and **SIMMER** 15 minutes or until water is absorbed.
REMOVE from heat and chill.

½ c. green onions, sliced
2 oz. can sliced black olives
1½ c. tomato, diced small
1½ c. cucumber, English, diced small
1½ c. yellow bell peppers

PREPARE vegetables.

Dressing:

1½ T. olive oil
3-4 T. lemon juice (to taste)
1-1½ t. salt (to taste)

COMBINE dressing ingredients.
ADD dressing and vegetables to quinoa.
MARINATE 30 minutes in fridge.