

AGROPHILIA

Mediterranean Quinoa Salad

Ingredients

For the salad

- 1/4 cup uncooked quinoa
- 1/2 cup black olives, sliced
- 1/2 cup roasted peppers, sliced
- 1/2 cup fresh or canned corn kernels
- 1/4 cup red onion, diced
- 1/4 cup cilantro, chopped
- 1/3 cup feta cheese crumbles

For the dressing

- 1 tbsp olive oil
- 1 tsp red wine vinegar
- 1/2 tsp dried oregano
- salt, pepper

Servings: 2

Instructions

1. Start by boiling the quinoa in slightly salted water according to the package instructions (15-20 minutes). Once cooked, drain and let it cool.
2. Prepare the dressing by whisking all the ingredients together.
3. in a medium bowl, combine quinoa and the rest of the salad ingredients and pour the dressing on top. Mix everything gently and enjoy.