

Quinoa Salad with Mint



I hope all of my friends from US had a great holiday weekend...we had a wonderful time with family and friend with lots of BBQ and to finalize the party we saw the fireworks from the rooftop...it was a beautiful day...

I got this idea after having quinoa salad at the Stonefire Grill. Although the one that is offered at the restaurant comes only with lemon, mint and green onion, I decided to dress a little more when making my version of the quinoa salad.

This simple recipe for quinoa salad is refreshing and so good...super simple to put together...just prepare the quinoa as described on the package and have cucumber, tomatoes and lots of fresh mint. It is great as a side dish for any kind of meat, poultry, or even as a whole meal.



Ingredients:

1 ½ cup cooked quinoa, cooled
2 tomatoes seed removed and chopped
1 small cucumber, seed removed and cut into small pieces
Fresh mint to taste
Fresh lemon juice to taste
1 ½ tablespoons olive oil
Salt and pepper to taste

Method:

Mix all the ingredients in a medium bowl and refrigerate for ½ to 1 hour before serving.



I hope you enjoy this simple recipe for quinoa salad...if you are looking for more recipe with quinoa, you might want to check on Red Quinoa with Chicken or Bell Pepper Stuffed with Quinoa.

Did you know that FAO (Food and Agricultural Organization of the United Nations) has officially declared the year of 2013 as "The International Year of the Quinoa" ? Quinoa contains more protein than any other grain and its amino acid balance is close to the idea, similar to milk.

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and have a great week!***