

Quinoa Couscous and Farro Salad with Summer Vegetables

Jacob · 30/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 50 mins

Description

This light and delicious salad is packed with protein vitamins and fiber I tried this while visiting a resort in Marco Island and could not wait to recreate it myself This salad is the perfect dish for a light lunch or a side dish at dinner Your vegetarian friends will thank you for serving this at any dinner party or BBQ

Ingredients

- - 6 ½ cups water
- divided - 1 cup red quinoa - 1 cup pearl (Israeli) couscous - 1 cup farro - 1 cucumber
- seeded and chopped - ½ red onion
- chopped - 1 orange bell pepper
- seeded and chopped - 1 yellow squash
- seeded and chopped - ½ cup extra-virgin olive oil - 1 lemon
- juiced - ½ teaspoon kosher salt - 1 (6 ounce) container crumbled feta cheese

Instructions

1. Bring 2 cups water and quinoa to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa is tender and water has been absorbed
4. 15 to 20 minutes. Bring 1 1/2 cup water and couscous to a boil in a separate saucepan. Reduce heat to medium-low
5. cover
6. and simmer until couscous is tender yet firm to the bite
7. about 10 minutes. Bring 3 cups water and farro to a boil in a separate saucepan. Reduce heat to medium-low
8. cover
9. and simmer until farro is tender and water has been absorbed
10. about 25 minutes. Combine quinoa
11. couscous
12. farro
13. cucumber
14. red onion
15. orange bell pepper
16. and yellow squash together in a bowl. Whisk olive oil
17. lemon juice
18. and salt together in a bowl. Pour dressing over grain-vegetable mixture; toss to coat. Sprinkle feta cheese over salad. Refrigerate until chilled
19. at least 2 hours. Cook's Notes: Regular quinoa can be used if you can't find red quinoa. Red bell pepper can be used in place of orange bell pepper.