

Quinoa Veggie Salad with Zesty Vinaigrette

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 30 mins

Description

Who knew a zesty dressing for quinoa could transform this nutty grain and veggies into such a scrumptious salad

Ingredients

- - 4 cups quinoa - 4 cups water - $\frac{1}{4}$ cup red wine vinegar - 4 teaspoons Dijon mustard - 2 teaspoons salt - 1 teaspoon ground black pepper - 1 teaspoon lemon juice - 1 cup canola oil - 2 medium cucumbers
- peeled and chopped - 2 medium tomatoes
- chopped - 1 (15 ounce) can black olives
- chopped - 1 medium green bell pepper
- chopped - $\frac{1}{2}$ medium red onion
- chopped

Instructions

1. Bring quinoa and water to a boil in a saucepan. Reduce the heat to medium-low
2. cover
3. and simmer until quinoa is tender and water has been absorbed
4. 15 to 20 minutes. Transfer cooked quinoa to a large bowl and refrigerate until cold
5. about 1 hour. Blend vinegar
6. Dijon
7. salt
8. pepper
9. and lemon juice in a blender. Slowly pour in oil
10. with the blender running
11. until dressing is smooth and thick. Remove quinoa from the refrigerator. Add cucumbers
12. tomatoes
13. olives
14. bell pepper
15. and onion. Pour dressing over top and gently mix until evenly combined. Cook's Note You can cook the quinoa in a rice cooker if desired. You can use one English cucumber instead of two standard cucumbers.