



Greek Quinoa Salad

Jacob · 30/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

55 mins

Description

This take on a Greek salad gives quinoa a new burst of flavor and is packed with protein. Serve at room temperature or chilled.

Ingredients

- ½ cup pine nuts - 2 cups water - 1 cup quinoa - 2 cups chopped fresh spinach - 1 (15 ounce) can kidney beans
- rinsed and drained - 1 cup halved grape tomatoes - ½ cup halved Kalamata olives - ½ cup crumbled feta cheese - ¼ cup minced red onion - ¼ cup olive oil - 3 tablespoons red wine vinegar - 1 tablespoon lemon juice - ½ teaspoon dried oregano - salt and ground black pepper to taste

Instructions

1. Heat a skillet over medium-high heat; cook and stir pine nuts in the hot skillet until fragrant and toasted
2. about 5 minutes. Bring water and quinoa to a boil in a saucepan. Reduce heat to medium-low
3. cover
4. and simmer
5. stirring occasionally
6. until quinoa is tender and water has been absorbed
7. about 15 minutes. Remove from heat and let stand for 5 minutes; fluff with a fork and cool to room temperature. Mix quinoa
8. spinach
9. kidney beans
10. tomatoes
11. olives
12. feta cheese
13. and onion together in a bowl. Whisk olive oil
14. vinegar
15. lemon juice
16. oregano
17. salt
18. and pepper together in a bowl until dressing is smooth; drizzle over quinoa mixture and toss to coat.