

Quinoa Vegetable Salad

Oscar · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

1 hr 45 mins

Description

This quinoa vegetable salad is a wonderful dish its light and very tasty My four kids ages 27 ate it up and asked for more

Ingredients

- - 1 teaspoon canola oil - 1 tablespoon minced garlic - $\frac{1}{4}$ cup diced yellow (or purple) onion - 2 $\frac{1}{2}$ cups water - 3 teaspoons salt
- divided
- or to taste - $\frac{1}{2}$ teaspoon ground black pepper
- divided - 2 cups quinoa - $\frac{3}{4}$ cup diced fresh tomato - $\frac{3}{4}$ cup diced carrots - $\frac{1}{2}$ cup diced yellow bell pepper - $\frac{1}{2}$ cup diced cucumber - $\frac{1}{2}$ cup frozen corn kernels
- thawed - $\frac{1}{4}$ cup diced red onion - 1 $\frac{1}{2}$ tablespoons chopped fresh cilantro - 1 tablespoon chopped fresh mint - 3 tablespoons balsamic vinegar - 2 tablespoons olive oil

Instructions

1. Heat canola oil in a saucepan over medium heat. Add garlic and yellow onion; cook and stir until onion has softened and turned translucent
2. about 5 minutes. Add water
3. 2 teaspoons salt
4. and 1/4 teaspoon pepper; bring to a boil. Stir quinoa into the pan
5. reduce the heat to medium-low
6. and cover. Simmer until quinoa is tender
7. about 20 minutes. Drain any remaining water with a mesh strainer; transfer quinoa to a large mixing bowl. Cover and refrigerate until cold
8. about 45 minutes. Stir tomato
9. carrots
10. bell pepper
11. cucumber
12. corn
13. and red onion into chilled quinoa. Season with cilantro
14. mint
15. and remaining 1 teaspoon salt and 1/4 teaspoon black pepper. Drizzle with balsamic vinegar and olive oil
16. then gently stir until evenly mixed.