



Mediterranean Quinoa Salad

Ingredients:

- 1 1/2 cups dry quinoa
- 1/2 teaspoon kosher salt
- 1/2 cup extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 garlic cloves , pressed
- 1/2 teaspoon dry basil , minced
- 1/2 teaspoon dried thyme , crushed between your fingers
- kosher salt and freshly ground black pepper
- 3 cups arugula
- 1 15 ounce can garbanzo beans , drained
- 1 small jar roasted red bell peppers , drained and chopped
- 1/4 cup Kalamata olives , pitted and roughly chopped
- 1/4 cup crumbled feta cheese

Nutrition Facts

Servings: 8

Amount per serving

Calories **292**

% Daily Value*

Total Fat 16.8g **22%**

Saturated Fat 2.9g **14%**

Cholesterol 4mg **1%**

Sodium 243mg **11%**

Total Carbohydrate 29.1g **11%**

Dietary Fiber 4.7g **17%**

Total Sugars 1.7g

Protein 7.9g

Vitamin D 0mcg **0%**

Calcium 70mg **5%**

Iron 3mg **14%**

Potassium 325mg **7%**

Directions:

- Cook the quinoa according to package directions with 1/2 teaspoon salt added to the water. Cool completely.
- Mix together the olive oil, balsamic vinegar, pressed garlic, basil and thyme. Whisk until well combined. Season with kosher salt and freshly ground black pepper and set aside.
- To a large serving bowl, add the quinoa, arugula, garbanzo beans, roasted red peppers, Kalamata olives, and feta cheese.
- Drizzle with the dressing and garnish with basil. Season to taste. Serve at room temperature.