



FAST. EASY. FRESH.

HERB-LOADED CHOPPED GREEK SALAD WITH QUINOA, CHICKPEAS, AND FETA

1. Make your quinoa. In a medium pot combine the **quinoa** with 3 cups of water and a pinch of **salt**. Over high heat bring to a boil, then reduce the heat to low, cover, and simmer for 15-18 minutes, or until all the water is absorbed. When cooked, spread out on a large baking sheet and place in the fridge to cool down slightly.

2. Meanwhile, prepare your veggies. Cut the **grape tomatoes** in half (or quarters if they're larger). Dice the **cucumber**. Peel and dice the **red onion**.

3. Next, roll the herbs (**mint, basil, and parsley**) together tightly and finely chop them. Drain and rinse your **chickpeas**. Drain the **black olives**.

4. Make the dressing. In a small bowl whisk together the **olive oil**, juice from one of your **lemons**, and a good pinch of salt and **pepper**.

5. In a large bowl combine the cooled quinoa, chickpeas, grape tomatoes, red onion, cucumber, olives, fresh herbs, and **feta**. Pour the dressing over everything and toss to coat evenly.

6. To serve, divide the salad into bowls and serve with extra lemon wedges alongside. Enjoy!

Ingredients (4 Person Serving – 790 Calories Per Serving)

Quinoa	1 ½ Cups	Fresh Mint	20 g
Chickpeas	1 540 ml Can	Fresh Basil	16 g
Grape Tomatoes	40	Parsley	Small Bunch
Red Onion	1 Medium	Lemons	2
Cucumbers	1	Olive Oil	4 Tbsp.
Sliced Black Olives	1 375 ml Can	Feta	100 g
		Salt and Pepper	To Taste



30 Minute
Cook
Time!