

## Quinoa Salad

Created by Dominique Hoffman

Note: This colorful salad is light and delicious any time of the year. It keeps well in the fridge to eat throughout the week. The lime juice and cilantro really add to the flavor of this dish. Enjoy as a light meal or pair with a soup or green salad.

### Ingredients

Main	Seasoning
1 c quinoa, uncooked, preferably the white variety	3 T olive oil
1 cucumber, seeded and diced	1/3 c cilantro leaves, minced
1 red bell pepper, seeded and diced	Juice of 2 limes (1/4 cup)
1 c cherry tomatoes, halved	salt and pepper to taste

### Method

1. **To cook the quinoa**, bring 2 cups of water to a boil. Add ¼ teaspoon salt and 1 cup of quinoa. Lower the heat to medium-low and cook for about 10 minutes or until little threads form around the seeds and the water is almost absorbed, but there is still some at the bottom of the pan. Lower the heat to the lowest possible setting. Cover the pan and cook for about one minute.
  2. Turn off the heat and stir to fluff. If the water is gone and there still too many white seeds present, add 3 tablespoons of water and cover to finish the cooking. Make sure it is fluffy and not completely dissolved. Overcooked quinoa will not taste good.
1. Add all other ingredients to a mixing bowl
  2. Add the cooled quinoa.

Mix well to combine and serve, preferably chilled.