

# Spring Quinoa Salad



**Makes 4 medium salads**

## **The Ingredients**

- 2 cups spring greens of choice
- 2 cups quinoa, cooked (frozen, microwavable bag)
- 1 can (15 oz.) chickpeas, rinsed and drained
- 1 medium cucumber, diced
- 1 medium red bell pepper, diced
- ½ cup almonds
- 4 teaspoons olive oil
- Juice of 1 lemon
- ½ teaspoon salt
- Pepper, to taste

## **Method:**

- Microwave frozen quinoa bag as per directions on packet. Set aside to cool.
- In a large serving bowl, combine the greens, chickpeas, cucumber, bell pepper, and almonds.
- In a small bowl, combine the olive oil, lemon juice and salt. Whisk until blended and set aside.
- Once the quinoa is mostly cool, add it to the serving bowl and drizzle the dressing on top.
- Toss until mixture is thoroughly combined.  
Season with pepper to taste.
- This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.