

Quinoa and Cucumber Salad
Jan Lane

1 cup quinoa, rinsed
2 TBSP red wine vinegar
1 TBSP olive oil
½ English cucumber, quartered lengthwise and thinly sliced
3 Scallions, thinly sliced (both white and green parts)
¼ cup packed fresh parsley leaves
Pepper to taste

In medium saucepan, bring quinoa and 1 cup salted water to boil.
Reduce to a simmer; cook until water has been absorbed and quinoa is tender, 11 – 13 minutes.
To quinoa, add vinegar, oil, cucumber, scallions and parsley; season to taste with pepper and toss to combine.

Serve room temperature

Yield: 4 servings

201/32/6/6/14

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