Quinoa Salad
Serves 4

Ingredients:
- 2 cups quinoa
- 3 cups water
- 1 pound cherry tomatoes
- 1 cucumber cut in ¼“ half circles
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 4 ounces Feta cheese
- 2 cups spinach
- 1 tablespoon chopped parsley
- 1 teaspoon salt
- 1 teaspoon pepper

Directions:
1. In a medium saucepan, cover the quinoa with the water. Cover and cook over moderately low heat until all of the water has been absorbed and the quinoa is tender, about 10-12 minutes. Stir and let cool to room temperature.
2. Coat the cherry tomatoes in a teaspoon of olive oil and roast in oven until collapsed and tender.
3. In a large mixing bowl, mix together room temperature quinoa, roasted cherry tomatoes, cucumbers, spinach, parsley, salt, and pepper.
4. Add red wine vinegar and olive oil and completely incorporate.
5. Top with feta cheese and serve.

Nutrition Information:
Calories: 320, Fat: 13 g, Carbohydrate: 35 g, Fiber: 7 g, Protein: 11 g