Quinoa Summer Salad

Ingredients:

Quinoa (1 cup uncooked)

1 can of beans well rinsed (cannellini or red kidney), or chick peas…whichever you desire.

Good Seasons Italian Dressing (1/4 cup +/-)

English Cucumber (finely diced 3/4 cup)

Manchego Cheese (finely diced 1/3 cup)

1 large carrot (shredded)

Red Onion (2 tblsp finely chopped)

Few sprigs of parsley chopped (1-2 tblsp)

Salt & Pepper (to taste)

Cook 1 cup (uncooked) quinoa as directed. Then let cool in fridge for 1 hour.

In a large bowl, mix quinoa and all other ingredients, and stir well.

Taste test……incrementally add more of any of the following if needed/desired:

* Dressing, salt, pepper, parsley, and/or red onion.

Return to fridge and chill for another hour. Serve as a side, or as an appetizer with water crackers.

Anthony G.