

wholeliving



Parsley Quinoa Salad

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This quinoa salad can be made in advance and served at room temperature.

INGREDIENTS

Serves 4.

3/4 cup quinoa, washed, strained, and rinsed twice

1/3 cup roughly chopped parsley

1 small cucumber, peeled, seeded, and diced

Juice of 1/2 lemon

1 teaspoon extra-virgin olive oil

Kosher salt and freshly ground black pepper

DIRECTIONS

1. Combine the quinoa and 1 1/2 cups of water in a 2-quart saucepan over high heat. Bring to a boil, cover, reduce the heat, and simmer 10 to 12 minutes, until all of the water is absorbed. Drain and run under cold water. Toss in the remaining ingredients and serve.

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