

Quinoa Salad

Lydia Eltringham

2 cups uncooked quinoa (I use 1 cup of white and 1 cup of Inca Red)

4 cups liquid (you can use water but I do 2 cups vegetable broth and 2 cups water)

Grape tomatoes

Cucumbers (I get the organic Persian cucumbers) about 6-8 cut into bite size pieces

Dried cranberries, 1 cup

Scallions, about 5, cut up small

Sliced black olives (about ½ of a 6 ounce can)

Artichoke hearts (marinated), cut up into bite size pieces (I used about 6 or 7 quarters)

Feta cheese

Dressing: fresh lemon juice, garlic, olive oil, salt, pepper

Cook the quinoa according to the directions on the package

Once it's cooled, cut up the cucumbers and scallions add to the quinoa

Next add the cranberries (about 1 cup), artichoke hearts, olives and sliced scallions, stir.

Next add the dressing (I save the tomatoes for last as they are a bit fragile) and stir

I use about ¾ - 1 cup fresh squeezed lemon juice (approx. 6 lemons), 2 tsp salt, 1 ½ tsp garlic salt, ½ tsp pepper and 1 tablespoon olive oil, shake well in a container and pour over the salad, stirring it in

Add cut up tomatoes last (I usually make 2 cuts in the tomato but bite size pieces is what you need

Add feta cheese to your taste (Since I don't like feta I leave it out of the main dish and allow people to add to their individual servings)

This salad lasts about a week in the frig