

Taste of Home

# Vegan Quinoa Salad



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**TOTAL TIME:** Prep/Total Time: 30 min.**YIELD:** 6 cups

*Toasting the grain before it simmers isn't essential, but it does add a pleasant nuttiness to the flavor of this vegan quinoa salad. Mix and match whatever fresh herbs and veggies you have on hand. —Taste of Home Test Kitchen, Milwaukee, Wisconsin*

## Ingredients

1-1/2 cups quinoa, rinsed and well drained

3 cups water

1/4 cup plus 2 tablespoons olive oil

1 tablespoon grated lemon zest

1/4 cup lemon juice

4 garlic cloves, minced

6 tablespoons minced fresh parsley

6 tablespoons minced fresh mint

1-1/2 teaspoons salt

1 cup cherry tomatoes, halved

2 mini cucumbers, sliced

1 medium sweet red pepper, chopped

1/2 cup chopped red onion

## Directions

1. In a large saucepan, cook and stir quinoa over medium-high heat 3-5 minutes or until

toasted. Add water; bring to a boil. Reduce heat; simmer, covered, 12-15 minutes or until liquid is absorbed. Transfer to a large bowl. Cool slightly.

2. In a small bowl, whisk oil, lemon zest, lemon juice, garlic, parsley, mint and salt. Add vegetables to quinoa; drizzle with dressing and toss to combine. Cover and refrigerate until ready to serve.

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