

Rainbow Quinoa Salad

Dressing Ingredients:

- ¼ cup red wine vinegar OR apple cider vinegar
- 2 tablespoons Dijon mustard, or to taste
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ½ cup olive oil
- 2 tablespoons fresh lemon juice

Salad Ingredients:

- 1 cup dry quinoa
- 1.5 cups water or veggie broth
- salt and pepper to taste
- 1 pint cherry tomatoes, halved
- 2 carrots diced or shredded
- 1 bell pepper- any color, chopped
- ½ red onion, finely chopped
- 2 cups chopped broccoli florets
- ¼ cup chopped fresh parsley

Directions

1. Cook quinoa according to package instructions.
2. Once your quinoa is ready, fluff with a fork and season with salt and pepper, to taste. Transfer to a medium bowl to cool.
3. While the quinoa cooks, chop all your veggies and make the dressing. Mix all ingredients in a small bowl or jar and whisk well until combined
4. Combine cooled quinoa with veggies, chickpeas, and dressing. Mix well.

*You can enjoy this salad right away or chill before serving. I love it both ways!

*If meal prepping, pop it in the fridge and dive in when you're ready. The dressing will soak into the salad and amplify the flavor even more. So good!

MADE WITH LOVE

by Teresa Forchand