

Mediterranean Quinoa Salad with Tzatziki Sauce

This customizable salad comes together easily for a quick and delicious snack or light lunch!

| YIELD 8 SERVINGS | PREP TIME 10 MIN | TOTAL TIME 25 MIN |
|---------------------|---------------------|----------------------|
|---------------------|---------------------|----------------------|

INGREDIENTS

For the Salad:

| | |
|------------|--|
| 1/2 cup | Quinoa, uncooked, rinsed |
| 1 cup | Water |
| 1/2 medium | English Cucumber, diced small |
| 1/2 cup | Cherry Tomatoes, halved or quartered |
| 1/4 each | Red Onion, diced small |
| 6 each | Olives (Castelvetrano, Kalamata, etc.), chopped (about 2 Tbsp) |
| 1 each | Lemon, zested and juiced |
| 2 Tbsp | Parsley, fresh, chopped |
| 1 tsp | Oregano, dried |
| 1/4 tsp | Kosher Salt |
| 1/4 tsp | Black Pepper, ground |
| 1 recipe | Crispy Roasted Chickpeas |

For the Tzatziki Sauce:

| | |
|----------|--------------------------|
| 1/2 each | English Cucumber |
| 1 cup | Greek Yogurt |
| 1/2 each | Lemon, zested and juiced |
| 1 Tbsp | Parsley, fresh, chopped |
| 1/4 tsp | Garlic Powder |
| 1/4 tsp | Kosher Salt |
| To Taste | Black Pepper |

CHEF NOTES

Use this recipe as a template for a tasty way to use up leftover cooked whole grains and vegetables. Just add a flavorful sauce and you have a fiber-filled snack. Some combinations we love:

- Diced bell pepper, green onion, & cilantro with spicy peanut sauce
- Roasted carrots and broccoli with chimichurri sauce

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small saucepan, combine quinoa and 1 cup of water. Bring to a boil over medium-high heat. After coming to a boil, reduce heat to low, cover, and cook for 10-15 minutes. When done, remove pot from heat and let sit, still covered, for 5 minutes. Remove the lid - you will notice a slight "spiral" from the quinoa that happens when the germ separates from the seed. This indicates that it is fully cooked. Fluff gently with a fork and set aside to cool.
3. While the quinoa is simmering, chop half of the cucumber, tomatoes, red onion, olives, and parsley and add to a medium bowl. Zest and juice one lemon into the bowl and season with the oregano, salt and pepper. Set aside.

4. Make the Tzatziki Sauce: Using a box grater, grate half of the cucumber. Measure out a tightly packed ½ cup of the grated cucumber. Over the sink or a bowl, lightly squeeze the grated cucumber between your palms to remove excess moisture. Transfer the squeezed cucumber to a small mixing bowl. Add the yogurt, the zest and lemon juice, parsley, garlic powder, salt and pepper and stir to combine evenly. Refrigerate the sauce until ready to serve.
5. Add the cooked and cooled quinoa to the chopped vegetables and stir to combine.
6. Garnish quinoa salad with Tzatziki sauce and roasted chickpeas. Enjoy!

| Nutrition Facts | |
|---|----------------|
| 8 servings per container | |
| Serving size | |
| 1/2 cup salad w/ 2 Tbsp Tzatziki & 2 Tbsp chickpeas (188g) | |
| Amount Per Serving | |
| Calories | 130 |
| | % Daily Value* |
| Total Fat 3g | 4% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 280mg | 12% |
| Total Carbohydrate 19g | 7% |
| Dietary Fiber 4g | 14% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | 14% |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 1.3mg | 8% |
| Potassium 280mg | 6% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

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