

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 (about 6-8 sprigs)
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 (about 3-4 sprigs)
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.

- 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.
- 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.
- Add the cooked and cooled quinoa to the chopped vegetables and stir to combine.
- 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.	

CONTAINS: MILK



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

