

QUINOA, FETA, DILL AND GARBANZO BEAN SALAD

SERVINGS: 6-8

PREP TIME: 20 MINUTES



RECIPE SOURCE: SIMPLY REAL EATING BY SARAH ADLER

INGREDIENTS

- 2 cups of uncooked quinoa
- Sea Salt
- ¼ cup chopped chives
- ¼ chopped fresh dill
- ¼ cup chopped fresh mint
- 1 15-oz can garbanzo beans, rinsed and drained
- 6 tablespoons olive oil
- ¼ cup red wine vinegar
- Freshly ground black pepper
- 6-8 cups arugula or spinach
- ½ cup feta, crumbled (optional)

DIRECTIONS

- Combine quinoa and 4 cups of water in a small saucepan. Add a pinch of salt, cover and bring to a boil.
- Turn off heat and let the quinoa cook, covered, for about 10 minutes, or until water is well absorbed.
- In the meantime, place the herbs and garbanzo beans in a bowl.
- Drizzle with olive oil and vinegar.
- When the quinoa is done cooking, let it cool for a few minutes before fluffing and adding it to the bowl.
- Mix gently to combine.
- When you are ready to serve gently fold in the arugula and sprinkle feta on top.