



## Tri-Color Quinoa Mediterranean Salad

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Yield: 4 servings

***Shortcut:** This recipe could also easily bear the title “Clean Out the Fridge Quinoa Salad”. I literally go through my fridge about every other week and make this salad with the small amounts of whatever is leftover from the last week’s menu. Success brand now makes a Boil-in-Bag tri-color quinoa! The microwave method is my favorite because I just toss the bag in the bowl of water and while it is cooking, I chop up all the veggies.*

**Lacto Vegetarian \* Low Carb**

### Ingredients:

- 1 (3-oz) bag Success Boil-in-Bag tri-color quinoa
- 1 cup garbanzo beans
- 1/2 cup peeled, chopped cucumber (leave peel on if it’s English cucumber)
- 1/2 cup matchstick-cut carrots
- 1/2 of 1 small red bell pepper
- 1/4 cup low-fat feta cheese
- 1/4 cup chopped green onion
- 3 red radishes, thinly sliced
- 2 tablespoons chopped parsley or cilantro
- 6 Kalamata olives, chopped or sliced
- 1/4 cup low-fat Greek or Mediterranean vinaigrette (Marzetti Simply Dressed Mediterranean Greek Vinaigrette is also Gluten Free/No preservatives)

### Directions:

1. Cook quinoa according to package directions. Drain well if using the microwave directions. Let cool to room temperature. This step can be done the day before and used cold from the fridge. (Leftover quinoa can also be used for this recipe.)
2. Meanwhile, toss together in a medium bowl garbanzo beans, cucumber, carrots, bell pepper, feta cheese, green onion, radishes, parsley, and olives.
3. Add quinoa and vinaigrette and stir gently until coated.

