

Integrative Health Institute

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Delicious Dill Quinoa Salad

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Ingredients:

- 1 bunch of dill (washed and chopped)
- 1 English cucumber
- 2 lrg ripe tomatoes (diced or little cherry tomatoes)
- 1 block (approx 175g) goat-feta cheese (diced or crumpled)
- 1 lemon
- 2 tbsp olive oil
- Salt & Pepper
- 1.5 cups quinoa (dry) + 3 cups of water

Directions:

Rinse quinoa. In a medium size pot bring quinoa to a boil with three cups of water. Once boiling, turn to low heat and cook for approximately 20 minutes. Once quinoa has cooked, uncover and allow it to cool. In a large bowl, toss the tomato, olives, cucumber, dill, feta and lemon juice with olive oil, salt and pepper. Add cooled quinoa to the mixture and toss well.