MINICHEF RECIPES

by Noah - Healthy & Fun Cooking for Kids

Mediterranean Quinoa Salad

Healthy Lunch Option 🥗🍅 Protein-rich with feta, olives & fresh veggies

PREP TIME	COOK TIME	SERVINGS
15 min	10 min	4

Ingredients

- **2 cups** Quinoa, cooked
- **1 cup** Cherry tomatoes, halved
- **1 cup** Cucumber, diced
- **1 cup** Red bell pepper, diced
- **½ cup** Red onion, finely chopped
- **½ cup** Kalamata olives, halved
- **½ cup** Feta cheese, crumbled
- **3 tbsp** Olive oil
- **2 tbsp** Lemon juice
- **1 tbsp** Fresh oregano, chopped

- **½ tsp** Salt
- **¼ tsp** Black pepper

Directions

1. **Cook quinoa:** Rinse quinoa. Add to pot with 2 cups water and pinch of salt. Boil, simmer 12 min, fluff and cool.
2. **Prep veggies:** Wash and chop tomatoes, cucumber, bell pepper, and onion. Halve olives and crumble feta.
3. **Make dressing:** Whisk olive oil, lemon juice, oregano, salt, and pepper in small bowl.
4. **Assemble salad:** Combine quinoa, veggies, olives, and feta in large bowl.
5. **Serve fresh:** Drizzle dressing, toss gently. Serve cold or room temp with extra oregano or lemon wedges!

Nutrition Info

CALORIES	PROTEIN
320	8g
CARBS	**FIBER**
28g	5g

Pro Tips

- Add chili flakes or jalapeños for spicy kick
- Toss in toasted pine nuts for crunchy texture
- Mix in mango or pineapple for tropical twist
- Store in fridge up to 3 days, serve cold