



Boys & Girls Clubs
of Hamilton



Quinoa Salad

Ingredients:

- 1 cup quinoa
- 1 cup grape tomatoes, halved
- 1/4 cup diced red onion
- 1 small avocado, diced
- 1/4 cup feta cheese
- 1/2 tsp garlic salt
- 1 tbsp. chopped parsley
- 1/4 cup Greek salad dressing



Directions:

1. In a pot, cool quinoa according to package directions.
2. Dice all veggies and combine in a bowl.
3. Add cooked quinoa, garlic salt, parsley and dressing and toss to mix.
4. Refrigerate or eat warm.

Enjoy!