RECIPE

Mediterranean quinoa and chickpea salad

A make-ahead lunch of quinoa, chickpeas, tomato, cucumber, spinach and a little feta in a lemon and olive oil dressing.

MAKES

4 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 1 cup dry quinoa, rinsed in a fine strainer
- [ ] 2 cups water, for cooking the quinoa
- [ ] 1 can (15 oz) no-salt-added chickpeas, drained and rinsed (1½ cups, 246 g)
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cucumber, diced
- [ ] ½ cup diced red onion
- [ ] 3 tbsp sliced ripe olives
- [ ] ¼ cup crumbled feta
- [ ] 3 cups baby spinach, chopped
- [ ] ½ cup chopped fresh parsley
- [ ] 1 oz (28 g, about 14 halves) walnuts, toasted and chopped
- [ ] 2 tbsp olive oil
- [ ] 1 lemon, juiced (about 3 tbsp, 48 g)

Method

1. Put the quinoa in a pot with 2 cups of water. Bring to a boil, cover, and turn the heat to low. Cook 18 to 20 minutes, until the water is gone and each grain shows a little curled tail. Rest it off the heat, covered, 10 minutes, then fluff with a fork and spread on a plate to cool.

2. While the quinoa cooks, toast the walnuts in a dry pan over medium heat for 3 to 4 minutes, stirring, until they smell nutty. Cool, then chop.

3. Whisk the olive oil, lemon juice, vinegar, garlic powder, oregano, pepper and salt in a big bowl. Add the red onion and let it sit for 5 minutes; the acid takes the raw edge off.

4. Add the cooled quinoa, chickpeas, tomatoes, cucumber and olives. Toss until every grain is shiny.

- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried oregano
- [ ] ¼ tsp black pepper
- [ ] ½ tsp salt

5. Fold in the spinach, parsley, feta and walnuts. Taste and add a squeeze of lemon before any salt.

6. Serve right away, or pack in a container for lunch. Keeps 4 days in the fridge; for packed lunches keep the spinach and walnuts in a small bag and add them at the table. Do not leave it out more than 2 hours.