



BROCCOLI QUINOA SALAD

Ingredients

- 1 cup uncooked quinoa
- 1 1/2 lbs broccoli
- 1 pint cherry tomatoes, sliced in half
- 3/4 cup red onion, finely diced
- 1 T. minced garlic
- 1/4 cup chopped basil
- 1 T. chopped parsley
- 1 t. chopped oregano
- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup red wine vinegar
- 1/4 t. red pepper flakes
- Salt and pepper to taste (about 1/2 t. each)
- 4 oz. crumbled feta cheese



Directions:

Rinse the quinoa until suds no longer form when water runs over it. Cook the quinoa in 1 1/2 cups water until all the water is absorbed, about 25 minutes. Transfer to a large mixing bowl to cool completely.

Cut the broccoli into 3-4 inch long pieces and steam about 20 minutes, or until softened. Cool completely then roughly chop into bite sized pieces. Add the broccoli to the quinoa.

Add the remaining ingredients to the broccoli and quinoa and toss to coat everything in the oil and vinegars. Serve immediately or chill for 2 hours before serving.