



Quinoa Salad



Ingredients:

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| 1 cup quinoa, well rinsed | 6 oz. cherry tomatoes, sliced in half |
| 2 cups water | ¼ cup olive oil |
| 1.5 cups chickpeas/garbanzos | 1/3 to 1/2 cup lemon juice |
| 1 cup celery, thinly sliced | 1 tbs red wine vinegar (optional) |
| 1 red pepper, chopped | 2 cloves garlic, minced |
| ¾ cup red onion, chopped | 1/2 tsp. salt (or more to taste) |
| 1 cup parsley, finely chopped | Pinch of pepper |

Directions:

1. Combine quinoa and 2 cups water in a saucepan. Boil over medium-high, then decrease to a gentle simmer. Cook for 15 minutes. Remove from heat, let sit for five minutes, then fluff. Let cool.
2. Combine chickpeas, celery, pepper, onion, parsley and tomato. Set aside.
3. Whisk olive oil, lemon juice, vinegar, garlic, salt. Set aside.
4. Add quinoa to a bowl of veggies; add dressing. Give it a taste test. Add more lemon juice or more salt and pepper, if needed.
5. Serve with coleslaw and potato chips.