



BLUE ZONES RECIPE

GREEK QUINOA SALAD



INGREDIENTS:

- 2 medium tomatoes chopped
- 3/4 cup diced cucumbers
- 1/4 cup diced red onion
- 2 cups cooked quinoa
- 1/2 cup crumbled feta cheese
- 1/3 cup chopped parsley

INSTRUCTIONS:

1. In a medium bowl mix together tomatoes, cucumbers, red onion, quinoa, feta cheese and parsley.
2. Add dressing and toss.

DRESSING

- Fresh juice from one lemon
- 3 tbsp. olive oil
- 2 cloves garlic minced or pressed
- Salt and pepper to taste