

## Cucumber Quinoa Salad

Fresh, quick, easy and delicious!



### INGREDIENTS:

- 1 English cucumber, diced
- 2 cups chilled, cooked quinoa
- 1/2 cup diced red onion
- 1/2 cup crumbled feta cheese
- 1/3 cup chopped fresh basil leaves

### VINAIGRETTE INGREDIENTS:

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon Italian seasoning
- Pinch of salt and pepper to taste

### DIRECTIONS:

1. Add the cucumber, cooked quinoa, red onion, feta and fresh basil leaves into a bowl. Lightly toss the ingredients together.
2. Whisk all vinaigrette ingredients in a bowl until well combined.
3. Slowly pour the vinaigrette over the salad while tossing the salad until combined. Serve immediately.

*credit: Gimme Some Oven*



*Innovating primary care, leading as a Patient-Centered Medical Home.*