

Gluten-Free Recipe

Mediterranean Quinoa Salad: A Burst of Fresh Flavors



This gluten-free quinoa salad is a delightful combination of fresh flavors and textures, perfect for a light lunch or a side dish.

Ingredients:

- 1 cup quinoa, cooked according to package directions
- 1 cup chopped cucumber
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, pitted and halved
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- Dressing:
 - 1/4 cup olive oil
 - 2 tablespoons lemon juice
 - 1 clove garlic, minced
 - 1/2 teaspoon dried oregano
 - Salt and pepper to taste

Instructions:

1. In a large bowl, combine the cooked quinoa, cucumber, tomatoes, olives, feta cheese, parsley, and mint.

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2. In a small bowl, whisk together the dressing ingredients.
3. Pour the dressing over the salad and toss to coat evenly.
4. Serve immediately or chill for later.

Tips:

- **Make it Vegan:** Substitute the feta cheese with vegan feta or omit it altogether.
- **Add Protein:** Boost the protein content by adding chickpeas or grilled chicken.
- **Get Creative:** Experiment with different herbs and vegetables based on your preferences and what's in season.

Benefits of this Salad:

- **Gluten-Free:** This recipe is naturally gluten-free, making it suitable for those with celiac disease or gluten sensitivity.
- **Nutrient-Dense:** Quinoa is a complete protein and provides essential vitamins and minerals.
- **High in Fiber:** The vegetables and quinoa offer a good source of fiber for digestive health.
- **Antioxidant-Rich:** The colorful vegetables and herbs are packed with antioxidants to protect your cells.
- **Versatile:** This salad can be enjoyed as a light lunch, a side dish, or even a meal prep option.
- **Try this recipe and share your feedback in the comments below!**
- **Looking for more gluten-free inspiration? Check out our collection of delicious and healthy recipes.** [Link to recipe section on your website]

Enjoy this vibrant and flavorful salad, a testament to the delicious possibilities of gluten-free cooking!