

Quinoa Salad with Lemon Vinaigrette

Ingredients

1 cup quinoa, rinsed
¼ teaspoon salt
1 bunch watercress, roughly chopped (about 2 cups)
1 cucumber, peeled, seeded and diced
1 large carrot, peeled and grated
5 radishes, cut into matchsticks or grated
1 roasted red bell pepper, diced

Lemon Vinaigrette

¼ cup fresh lemon juice
1/3 cup olive oil
1/2 teaspoon salt

Mise en place! (Everything in its place)

Directions

1. Add quinoa, salt and 1 ½ cups water to a saucepan. Bring to a boil, reduce heat to low, and simmer 13-15 minutes until water is absorbed. Turn off heat and let sit for 5 minutes. Cool completely.
2. In large serving bowl, combine cooled quinoa, watercress, cucumber, carrot, radishes and red pepper.
3. In small bowl, whisk together dressing ingredients.
4. Add to quinoa mixture and toss gently to combine. Serve at room temperature.

[Link to Video](#)