



Quinoa & Capers Salad

Serves four

3 cups cooked quinoa – cold
1 cup cherry tomatoes or 2 medium ripe, red tomatoes chopped
½ small red onion – finely sliced
¼ cup finely chopped parsley
1 TBS fresh thyme leaves
2 TBS capers – drained
4 TBS extra virgin olive oil
2 TBS fresh lemon juice
½ tsp. salt
1 tsp. black pepper

Mix the quinoa with the tomatoes, onion, parsley, thyme and capers.

In a separate bowl, mix the olive oil and lemon juice. Add salt and pepper to taste. Add to salad and toss to coat well. Refrigerate for about 1 hour before serving. Enjoy!

CALORIES 308.05; FAT 16.40 grs (sat 1.91; mono 9.9; poly 1.53); PROTEIN 7.06 grs ; FIBER 5.27 grs;
CARBS 34.69 grs; CHOLESTEROL 0.00 mg; IRON 2.89 mg; SODIUM 433.89 mg; CALCIUM 44.9 mg