

Mediterranean Quinoa Salad

1 cup quinoa, rinsed
2 cups water
2 T extra virgin olive oil
1 T white balsamic vinegar
1/4 tsp sea salt
1/4 tsp black pepper
1 cup fresh arugula, chopped
1/2 cup pitted Kalamata olives, chopped
1/2 cup feta cheese, crumbled

In a medium saucepan, bring water and rinsed quinoa to a boil. Cover and turn down to simmer for 12 minutes until water is absorbed. Transfer cooked quinoa to a large bowl. Drizzle quinoa with extra virgin olive oil and season with sea salt and fresh cracked pepper. Add arugula, olives, and feta cheese and gently toss ingredients together. Serve warm or chilled.

Garden Chef Megan McCarthy, Healthy Eating 101



ATLANTA BOTANICAL GARDEN