

Cucumber Tomato Quinoa Salad

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Ingredients

- 1 cup cooked quinoa
- 1 can rinsed and drained chickpeas
- 2 Roma tomatoes, chopped
- $\frac{1}{2}$ English cucumber, quartered and sliced
- $\frac{1}{4}$ cup flat leaf parsley, chopped
- 2 tbs. red wine vinegar
- 1 tbs. olive oil
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{2}$ tsp. oregano

Directions

In a large bowl combine the cooked quinoa, rinsed chickpeas, chopped tomato, chopped cucumber and chopped parsley.

In a small container with a tight fitting lid, add the red wine vinegar, olive oil, salt, garlic powder, onion powder, and oregano. Add the lid and shake vigorously.

Pour the dressing over the tomato cucumber quinoa salad and mix well.

Serve cold