



**Prep time: 35 minutes**

**What you need:**

- 1 cup quinoa
- 2 cups low-sodium chicken broth
- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- 1 teaspoon fresh chopped garlic
- 1½ tablespoons olive oil
- 1 teaspoon salt
- ¼ teaspoon white pepper
- ½ cup chopped sweet red pepper
- 2 tablespoons chopped parsley
- ¼ cup chopped green onion
- 2 tablespoons chopped red onion
- ½ cup halved cherry tomatoes
- 2 tablespoons sliced black olives
- 1 tablespoon feta cheese, crumbled

**Equipment and supplies:**

- Strainer
- Saucepan for quinoa
- Small bowl for dressing
- Large bowl for salad
- Measuring cups/spoons
- Spoon
- Oven/stove

**What to do:**

1. Place quinoa in strainer. Rinse under running water.
2. Put quinoa and chicken broth in saucepan over high heat.
3. Bring quinoa to a boil. Cover and reduce to a simmer.

4. Cook quinoa for 10-15 minutes or until all liquid is absorbed. Set aside to cool.
5. In a small bowl, combine lemon juice, vinegar, garlic, oil, salt, and white pepper. Set aside.
6. Combine red pepper, parsley, green and red onions, tomatoes, and olives in a bowl. Stir in cooled quinoa, feta, and dressing.
7. Serve at room temperature or chilled.

**How much does this recipe make?**

Six servings