



Quinoa Salad with Pears and Feta

Discover a delicious and well-balanced lunch option with our Quinoa Salad with Pears and Feta. Packed with protein and fiber, this wheat-free and gluten-free recipe does not require heating up. You can easily customize ingredients based on your individual allergy.

Ingredients

Servings 4

1 bell pepper, diced	2 minced garlic cloves
Mixed fresh herbs (such as mint, chives, and basil), finely chopped	$\frac{1}{2}$ teaspoon dried oregano
1 cup quinoa, dry	Salt and pepper to taste
$\frac{1}{4}$ cup olive oil	$\frac{3}{4}$ cup crumbled light feta cheese
Juice from 1 lemon	2 pears, chopped after coring



Directions

1. Begin by preparing all the required ingredients. Dice the bell pepper and chop the mixed fresh herbs and pears.
2. Cook the quinoa according to the instructions on the package. Once cooked, set it aside to cool.
3. For the dressing, take a bowl and whisk together the olive oil, lemon juice, minced garlic cloves, dried oregano, and salt and pepper to taste.

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Directions

4. In a separate large bowl, combine the cooked and cooled quinoa, the prepared dressing, diced bell pepper, sliced green onions, and the finely chopped mixed fresh herbs. Mix everything well to ensure the flavors are evenly distributed.
5. Finally, add the chopped pears and crumbled light feta cheese to the quinoa mixture. Gently toss to incorporate all the ingredients together.
6. Before serving, taste the salad and adjust the flavors as needed. If desired, you can add more lemon juice for extra freshness.

Notes

1. Leftovers of the quinoa salad with pears and feta can typically stay fresh and flavorful for up to 2-3 days in an airtight container in the refrigerator.
2. Substitute feta with a milk-free option such as grilled chicken or crumbled firm tofu.

Nutrition facts:

- Calories - 390
- Protein - 12g
- Carbs - 25g
- Fiber - 46g
- Calcium - 250mg
- Iron - 3.5mg

