
Quinoa with Chickpeas, Feta and Veggies

Description

Quinoa (keen-wah) is a grain that contains enough protein that it can replace meat! Similar to couscous, it's quick to cook, light in flavor and very versatile. Try this salad on a bed of romaine lettuce or as a side dish by itself

Total time: 25 min Yield: 6 Servings

Ingredients

3/4 cup chives (sliced into 1" pieces)
1 cup extra virgin olive oil
salt (to taste)
1 cup quinoa
2 cup water
1 can chickpeas (drained and rinsed)
1/3 cup feta cheese (crumbled)
2 green onions (sliced thin)
1 Japanese or English hothouse cucumber (diced small; about 1 cup)
1/2 red bell pepper (diced small; about 3/4 cup)
1 1/2 tsp curry powder
pepper (to taste)
chive infused oil
romaine lettuce leaves

Prep Time: 25 min Total Time: 25 min

Instructions

To make the chive infused oil: In a blender/food processor, combine the chives, extra virgin olive oil and 1/2 teaspoon salt and blend thoroughly. Pour through a fine sieve to separate the solids.

To make the quinoa: Boil water in a small pan and add quinoa. Cover and simmer for about 15 minutes or until all water has been absorbed, then fluff quinoa to loosen grains. Let cool to room temperature. Fold in the chickpeas, feta cheese, green onions, cucumbers, red bell pepper, curry powder, salt and pepper, and drizzle with chive infused oil. Serve on a bed of lettuce leaves or wrap in lettuce leaves for a fresh hand roll.

Recipe brought to you by:

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Source:

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