

## Vegetable Quinoa Salad

**Prep time:** 15 minutes

**Cook time:** 10 to 20 minutes

### Ingredients:

- 1 cup (250 mL) quinoa, well rinsed and drained
- 2 cups (500 ml) of cold water
- 2 tomatoes, chopped
- 2 large springs of Italian (flat-leaf) parsley (leaves only), chopped
- 1/2 English cucumber, chopped
- 1 chopped Red, Green, Yellow or mixed bell peppers
- 1 ripe avocado, chopped (optional)

### *Vinaigrette:*

- 3 tbsp (45 mL), extra virgin olive oil
- 2 tbsp (30 mL) freshly squeezed lemon juice
- 1 1/2 tsp (7 mL), hot pepper flakes and/or chili powder (optional)
- ½ tsp (2 mL) freshly ground black pepper
- 1/2 tsp (2 mL), salt

### Directions:

1. In a medium saucepan, over medium heat, bring quinoa and water to a boil. Reduce heat and boil gently for 10 to 15 minutes or until the white germ separates from the seed. Cover, remove from heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork.
2. Meanwhile, in a large bowl, combine tomatoes, parsley, cucumber and bell peppers. Stir in cooled quinoa.
3. Gently toss in avocado.
4. Prepare the vinaigrette: In a small bowl, whisk together olive oil, lemon juice, hot pepper flakes (if using), salt and pepper.
5. Pour vinaigrette over salad and toss to coat.

### Tip:

- Dressing can also be swapped for a store bought already prepared vinaigrette (eg. raspberry vinaigrette).
- Can add a sprinkle of goat or feta cheese.

### Adapted from:

<http://www.unlockfood.ca/en/Recipes/Vegetarian/Vegetable-Quinoa-Salad.aspx>

## Mango Black Bean Salad

**Preparation Time:** 10 minutes

**Cook Time:** N/A

**Ingredients:**

- 1 mango, peeled and diced
- 1 small red bell pepper, diced
- 1 cup (250 mL) drained and rinsed, canned black beans
- 1 tbsp. (30 mL) fresh lime juice
- 2 tbsp orange juice
- 1 tbsp (15 mL) chopped fresh cilantro or parsley (optional)
- ¼ tsp (1 mL) each salt and fresh ground pepper
- 1/8 tsp ground cumin

**Directions:**

1. In a bowl, combine mango, pepper, beans, lime juice, cilantro, salt and pepper.
2. Stir well and let stand for 10 minutes before serving to allow flavours to combine.

**Tips:**

- Serve on its own or added to a bowl of greens, serve with whole grain baked tortilla wedges, or as a fresh topping for burgers, fish or sandwiches

**Sources and adapted from:**

<http://www.unlockfood.ca/en/Recipes/Kid-friendly-award-winning-recipes/Mango-Black-Bean-Salad.aspx> and  
<https://www.tasteofhome.com/recipes/black-bean-mango-salad/>

## Simple Cucumber Tomato Salad

**Prep time:** 10 minutes

**Cooking time:** N/A

**Ingredients:**

- 4 firm vine or beefsteak tomatoes, chopped into large pieces
- 1 large cucumber, sliced into half moons
- 2 tbsp of extra virgin olive oil
- 2 tbsp of balsamic vinegar
- ¼ tsp of salt
- 1 tsp of oregano

**Tips:**

- Serve on its own or with fresh bread to scoop up dressing.

Adapted from: <https://www.thewholesomedish.com/avocado-cucumber-tomato-salad-with-balsamic-vinaigrette/>