



**BRAIN HEALTHY
COOKING**

Salad

Mediterranean Quinoa Salad



Ingredients

- 1 CUP quinoa
 - 2 CUPS water
 - 1 CUP cherry or grape tomatoes, chopped
 - ¼ CUP fresh basil leaves, minced
 - ¼ CUP baby spinach, chopped
 - ¼ CUP olives, chopped (green, black, and/or kalamata)
 - ¼ CUP balsamic vinaigrette
 - 2 TBSP extra virgin olive oil
 - ¼ TSP Spice of Life, or another salt free seasoning mix
- Serves 8*

Directions

1. In a medium pot, **add** quinoa and water until a boil
2. **Reduce** water to a simmer and cook the quinoa until all the water is absorbed (stir quinoa every 5 minutes so it doesn't stick to the bottom of the pot)
3. **Add** the tomatoes, basil, olives, balsamic vinaigrette, and olive oil to the cooked quinoa and mix all the ingredients together
4. **Serve** hot or cold

