



## Recipe Details

Recipe Name - Mediterranean Quinoa Salad

Recipe Steps -

### Ingredients

- 2 cups cooked quinoa and brown rice
- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 medium cucumber, chopped
- 3/4 cup chopped onion
- 1/2 cup finely chopped parsley
- 1/4 cup lemon juice (about 2 lemons)
- 1 Tbsp red wine vinegar
- 2 cloves garlic, minced
- 2 Tbsp fresh parsley, chopped
- Freshly ground black pepper to taste
- Lettuce of your choice

### Instructions

1. All all non-lettuce ingredients together and incorporate them well
2. Place quinoa salad on top of your favorite lettuce
3. Enjoy!



