

# Blueberry, Feta & Quinoa Salad

2 cups water

¼ tsp. salt (optional)

1 cup quinoa

2 Tbsp extra virgin olive oil

2 Tbsp white wine vinegar

1 Tbsp. honey

¼ tsp. salt (optional)

1/8 tsp. ground black pepper

2 ½ cups fresh or frozen blueberries

1 cup seeded & diced cucumber

1 cup crumbled feta cheese

½ cup thinly sliced green onions

1 cup minced fresh mint

Place water and salt in a medium pan (2 qt works well) and bring to a boil.

Add quinoa, reduce heat to a simmer, cover and cook for 12 minutes.

Remove from heat, drain, rinse in cold water and let cool for at least 30 minutes.

In a large bowl whisk together oil, vinegar, honey, salt & pepper.

Add cooked & cooled quinoa, blueberries, cucumber, feta & green onions and toss to mix.

Just before serving, gently mix in minced fresh mint. Serves 4.

Source: Bob's Red Mill Quinoa package.