

Quinoa Salad with Tomatoes, Basil, & Feta

- 1 ½ cups quinoa
- 3 cups water
- salt
- 1 pint cherry or grape tomatoes, cut in half
- 1 cup fresh basil, julienned
- ½ cup feta cheese, crumbled
- ½ Kalamata olives, sliced (optional)
- 3 garlic cloves, minced, divided
- Juice of one lemon ... at least ¼ cup
- ½ cup olive oil
- Salt and pepper to taste
- ¼ teaspoon red pepper flakes, optional
- Spinach leaves or mixed salad greens

Put water and salt in a medium pot and bring to a boil. Add quinoa. Lower heat to medium low and simmer for 12-15 minutes, until the quinoa has absorbed most of the water and has developed 'rings' around the grains.

Put the quinoa in a large bowl with one of the minced garlic cloves and allow to cool at least an hour.

Mix the vinaigrette ingredients: remaining garlic cloves, lemon juice, olive oil, salt, pepper, and red pepper flakes, if using.

Once the quinoa is cool, add the vinaigrette and mix well.

Add the tomatoes, basil, feta cheese, and kalamata olives. Stir to mix well.

Serve on a bed of spinach leaves or mixed salad greens, drizzled lightly with olive oil.