



## CUCUMBER QUINOA SALAD

★★★★★ 4.9 from 29 reviews

*prep time:* 10 MINUTES

*total time:* 10 MINUTES

*yield:* 4 -6 SERVINGS 1X

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### DESCRIPTION

This Cucumber Quinoa Salad is made with lots of fresh basil and feta, tossed with a simple lemony vinaigrette, and it's SO fresh and delicious! Plus, it's naturally gluten-free and quick and easy to make.

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### INGREDIENTS

SCALE 1x 2x 3x

#### CUCUMBER QUINOA SALAD INGREDIENTS:

- 1 English cucumber, diced
- 2 cups chilled\* cooked quinoa (*see this tutorial for [how to cook quinoa](#)*)
- 1/2 cup diced red onion
- 1/2 cup crumbled feta cheese
- 1/3 cup julienned or roughly-chopped fresh basil leaves
- 1 batch Lemony Italian vinaigrette (see below)

#### LEMONY ITALIAN VINAIGRETTE INGREDIENTS:

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar or red wine vinegar
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon Italian seasoning, homemade or store-bought
- pinch of salt and black pepper

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## INSTRUCTIONS

### TO MAKE THE CUCUMBER QUINOA SALAD:

- 1 Toss all ingredients together until combined. Serve immediately.

### TO MAKE THE LEMONY ITALIAN VINAIGRETTE:

- 1 Whisk all ingredients together in a small bowl until combined.
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## NOTES

- i \*If you add hot quinoa fresh out of the pan, it will melt the cheese and wilt the basil a bit in this recipe. So I recommend cooking it beforehand and letting it chill in the refrigerator before making the salad. Or, if you need to cook it immediately beforehand, just spread the cooked quinoa out in a thin layer on a baking sheet and pop it in the freezer for 15-20 minutes. That will help it cool down nice and quickly!
- i \*\*Cook time does not include the time needed to prepare the quinoa. See this post for instructions on [how to cook quinoa](#).

**Find it online:** <https://www.gimmesomeoven.com/cucumber-quinoa-salad-recipe/>



## HOW TO COOK QUINOA

★★★★★ 4.8 from 4 reviews

prep time: 10 MINS

cook time: 15 MINS

total time: 25 MINS

yield: 3 CUPS 1X

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### DESCRIPTION

My favorite method for how to cook quinoa! See notes above for various seasoning options, plus my favorite quinoa recipes.

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### INGREDIENTS

SCALE 1x 2x 3x

1 cup [uncooked quinoa](#), rinsed and drained

3 cups water

1/2 teaspoon [fine sea salt](#)

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### INSTRUCTIONS

- 1 **Bring water to boil.** Heat the water over high heat in a saucepan until it is boiling.
- 2 **Simmer the quinoa.** Add the quinoa, salt (plus any optional aromatics, see below) and stir to combine. Reduce heat to medium to maintain a vigorous simmer. Cook the quinoa for 12-15 minutes, or until it is chewy and tender to the taste and looks translucent. (The white curlicue germs should also be poking out from the seeds.)
- 3

- Drain the quinoa.** Drain the quinoa completely through a [fine-mesh strainer](#).
- 4 **Steam the quinoa.** Transfer the quinoa back to the saucepan. Remove the pan from the heat, cover it with a clean dishtowel, and rest for 5-10 minutes so that the quinoa can steam.
- 5 **Fluff and season the quinoa.** Fluff the quinoa with a fork. Taste, and season with extra salt if needed.
- 6 **Serve warm.** Serve and enjoy!
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## NOTES

- i **Optional aromatics:** To add more flavor to the quinoa, feel free to add a bay leaf, 1-2 whole cloves of fresh garlic, chicken or veggie bouillon, and/or any of your favorite herbs or spices to the water. (Then be sure to discard the aromatics before serving the quinoa.) Or you can also simply use chicken or vegetable stock in place of water.
- i **Larger batch instructions:** To double or triple this batch size, just double or triple the ingredient amounts and cook as directed in the instructions. The quinoa to water ratio will not change with a larger batch.
- i **Storage instructions:** To store the quinoa, spread it out on a flat surface (like a large plate or a baking sheet) and cool to room temperature. Then transfer to a food storage container and refrigerate for up to 4 days, or freeze for up to 3 months.
- i **Source:** Thanks to [Bon Appetit](#) and [The Kitchn](#) for their great tips with this method!

**Find it online:** <https://www.gimmesomeoven.com/how-to-cook-quinoa-recipe/>