



## The Kitchen at Second Harvest Greek Quinoa Salad try at home recipe

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### Ingredients

- 2 cups water
- 1 cup dry quinoa
- ½ red pepper, diced
- ½ green pepper, diced
- ½ cucumber, diced
- ¼ cup black kalamata olives, sliced
- ¼ red onion, minced
- 3 oz. feta cheese

### Dressing:

- ¼ cup lemon juice
- 2 Tbsp. olive oil
- 1 tsp. minced garlic
- ½ tsp. dried basil
- ½ tsp. dried oregano
- Black pepper, to taste

**Yield: 4 servings**

**Serving Size: 1 cup**

### Directions

1. In a saucepan, bring water to a boil. Stir in quinoa. Reduce heat to low and cover. Cook for 15 minutes, until liquid is absorbed.
2. Transfer to a large bowl and cool. Stir veggies and cheese into quinoa.
3. Whisk together dressing ingredients.
4. Pour over quinoa mixture and toss to combine.



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and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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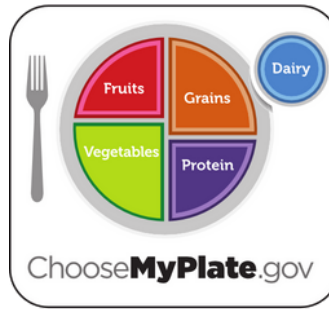


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- This dish is a great source of Vitamin A, Vitamin C, Iron, and fiber.
- Add any extra veggies that you like!
- Add garbanzo beans, black beans, chicken, or tuna for added protein.
- Serve chilled or warmed!

**Second Harvest is an equal opportunity provider.**

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## Nutrition Facts

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Servings: 4

Per Serving	% Daily Value*
Calories 299	
Total Fat 15.2g	19%
Saturated Fat 4.7g	24%
Trans Fat 0g	
Cholesterol 19mg	7%
Sodium 321mg	14%
Potassium 354mg	8%
Total Carb 32g	11%
Dietary Fiber 3.9g	14%
Sugars 2.8g	
Protein 9.7g	

Vitamin A 23% · Vitamin C 77%

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