

Everything HERBAL

by Cheryl Jabz

Bringing Nature's Goodness

to Your Table

QUINOA HERB SALAD

Fresh • Vibrant • Nourishing

A fresh and wholesome quinoa salad packed with colorful veggies, fragrant herbs, and a zesty lemon dressing. Perfect as a side dish or light meal!

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INGREDIENTS

For the Salad

- 1 cup quinoa, rinsed
- 2 cups water or low-sodium vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 red bell pepper, diced
- 1/4 red onion, finely chopped
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 2 green onions, sliced
- 1/4 cup crumbled feta cheese (optional)
- 1/4 cup toasted almonds or walnuts (optional)

For the Lemon Herb Dressing

- 1/4 cup olive oil
- Juice of 1 lemon (about 2 tbsp)
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- 1 tbsp fresh parsley, finely chopped
- 1 tsp fresh oregano or thyme leaves
- 1/2 tsp sea salt (or to taste)
- 1/4 tsp black pepper (or to taste)

Simple ingredients.
Incredible flavor.

DIRECTIONS

1 Cook the Quinoa:

In a medium saucepan, combine quinoa and water (or broth). Bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes, or until all the water is absorbed and quinoa is tender. Fluff with a fork and let cool.

2 Make the Dressing:

In a small bowl or jar, whisk together olive oil, lemon juice, Dijon mustard, garlic, parsley, oregano (or thyme), salt, and black pepper until well combined.

3 Prepare the Veggies & Herbs:

While quinoa cools, chop tomatoes, cucumber, bell pepper, red onion, parsley, cilantro, and green onions. Place in a large mixing bowl.

4 Combine:

Add cooled quinoa to the bowl with the veggies. Pour the dressing over the salad and toss gently to combine.

5 Add Finishing Touches:

Top with feta cheese and toasted nuts if using. Toss lightly.

6 Serve:

Chill for 15–30 minutes for best flavor, or serve immediately. Enjoy as a side dish or light meal!

Fresh herbs. Bright flavors. Naturally delicious!

MADE
WITH LOVE
& HERBS

SERVING SUGGESTIONS

- ♥ Serve as a side with grilled chicken, fish, or steak.
- ♥ Perfect for picnics, potlucks, or meal prep.
- ♥ Enjoy on its own for a light and refreshing lunch!

PERFECT FOR:

- ♥ HEALTHY MEALS
- ♥ PICNICS & BBQS
- ♥ MEAL PREP
- ♥ LUNCH BOXES
- ♥ VEGETARIAN FRIENDLY

Healthy. Flavorful. Satisfying.

BENEFITS OF THESE HERBS & INGREDIENTS

PARSLEY

Rich in vitamins A, C & K; supports immune health & detoxification.



CILANTRO

High in antioxidants; aids digestion & supports detox pathways.



OREGANO

Contains antioxidants & anti-inflammatory supounds; supports respiratory health.



LEMON

High in vitamin C; aids digestion & supports immune function.



QUINOA

Complete protein; high in fiber & nutrients for lasting energy.



Good food.
Real ingredients.
Great health.



SCAN ME!



FRESH HERBS



WHOLESOME INGREDIENTS



BETTER FOOD



A HEALTHIER YOU



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