

Quinoa with Zesty Lemon and Arugula

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This salad recipe was adapted from my daughters preschool teacher. She brought a version of this salad to one of the school feasts over the holidays and it was a hit!

Author: MyRDNutritionist

Ingredients

- 2 cups cooked quinoa
- 2 cups loose arugula
- 1/2 cup cherry tomatoes, halved
- 3 green onions, chopped
- 1/2 an avocado diced
- 1/4 cup grated parmesan cheese
- one tablespoon olive oil
- juice from 2 lemons
- salt and pepper to taste

Instructions

1. In large mixing bowl add quinoa and arugula. Toss in tomatoes, green onions, avocado and parmesan cheese.
2. Squeeze lemon into separate bowl and pick out any seeds add in olive oil and pour over salad.



Recipe by MyRDNutritionist at <http://myrdn.com/quinoa-zesty-lemon-arugula/>