

10 REFRESHING SUMMER SALADS FOR HOT DAYS

QUINOA VEGGIE SALAD

INGREDIENTS

- 2 CUPS COOKED QUINOA
- 1 CUCUMBER
- CHERRY TOMATOES
- PARSLEY
- LEMON VINAIGRETTE

DIRECTIONS

1. COMBINE ALL INGREDIENTS.
2. TOSS WITH VINAIGRETTE.
3. CHILL BEFORE SERVING.

SIMPLE TIPS

- NATURALLY GLUTEN-FREE.
- GREAT FOR MEAL PREP LUNCHES.

NUTRITION INFORMATION

MAKES: 6 SERVINGS **SERVING SIZE: 1 CUP**
PER SERVING (APPROX.)

CALORIES: 210

PROTEIN: 7G

CARBS: 28G

FAT: 8G

FIBER: 5G

SUGAR: 4G

SODIUM: 180MG

RECIPE INFO


PREP: 15 MIN

COOK: 15 MIN

TOTAL: 30 MIN

STORAGE

REFRIGERATE UP TO 4 DAYS.

 PAIRS WELL WITH

- GRILLED CHICKEN
- SALMON
- FRUIT-INFUSED WATER

SIMPLE LIFE TIP

QUINOA TASTES EVEN BETTER AFTER CHILLING OVERNIGHT.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM