

## Vegetable Chickpea Quinoa Salad

Makes- 6 cups

### Ingredients

- 2 cups quinoa, cooked
- 1/2 cup cooked chickpeas, drained and rinsed
- 1 cup cucumbers, chopped
- 1/2 cup tomatoes, diced
- 1/4 cup red onion, diced

### Dressing

- 1 tbsp olive oil
- 1 tsp lemon juice (or as required)
- Pinch of oregano
- Pinch thyme
- Salt & Pepper (optional)

### Recipe

- Cook quinoa with 4 cups of water. Bring water and quinoa to a boil then let simmer until quinoa is light and fluffy.
- Once quinoa is done, transfer to a container let cool then refrigerate.
- Combine chilled quinoa, chickpeas, vegetables in a large bowl.
- Prepare the dressing by mixing all the ingredients together.
- Pour the dressing over the salad in the bowl, mix it well and serve.