



Quinoa with Roasted Vegetables, Avocado and Feta

For the salad:

1 cup quinoa, (I like using the multi-color quinoa, but use what you prefer or have on hand)
1 red bell pepper
1 green or yellow bell pepper
1 red onion
2 small zucchini
1 yellow summer squash
2 cups spinach chopped
1 avocado diced
2 oz. feta cheese crumbled (optional)
Extra virgin olive oil
½ tsp. Salt
¼ tsp. Pepper

Dressing:

¼ cup olive oil
½ lemon juiced
1 small garlic clove, crushed
Salt & pepper to taste

Directions:

Turn oven onto 425 degrees
Cook quinoa as directed then allow it to cool to room temperature
Wash and cut vegetables into bite-size pieces
Place red onion, bell peppers, squash and zucchini on a cookie sheet. Drizzle with olive oil to coat and add salt and pepper. Mix well and roast for 10-15 minutes. With tongs, mix the vegetables half way through the cooking.

When vegetables are done, add the chopped spinach. Mix the spinach up with the roasted vegetables to combine, then return to the oven for 2 more minutes. Mix the roasted vegetables and the quinoa together.

Because the vegetables already have olive oil on them, you probably won't need all of the dressing. Add two tablespoons of the dressing, mix, then, taste. Gently fold in the avocado and the feta cheese if desired.