



### INGREDIENTS

- 2 Cups Quinoa
- 4 Cups Vegetable Broth  
(or water)
- ¼ Cup Olive Oil
- ⅓ Cup Lemon Juice
- 4 Cups Tomatoes (diced)
- 1 Cup Chives
- 1 Cup Spearmint
- 2 Teaspoons Ground Cumin
- Salt and Pepper (to taste)

### DIRECTIONS

1. Rinse the quinoa thoroughly under cold water in a fine-mesh sieve. Drain well.
2. In a medium-sized saucepan, bring the water or vegetable broth to a boil over medium-high heat.
3. Add the rinsed quinoa to the boiling water or broth.
4. Reduce the heat to low, cover the saucepan with a lid, and simmer for about 15-20 minutes.
5. While the quinoa is cooking, prepare the dressing by combining olive oil, lemon juice, ground cumin, freshly ground pepper and salt in a small bowl.
6. When the quinoa is cooked, fluff with a fork and transfer to a large mixing bowl.
7. Add the diced tomatoes, chopped chives and spearmint to the quinoa.
8. Pour the prepared dressing over the quinoa mixture and toss gently to combine.
9. Allow the flavors to meld together by covering and refrigerating the salad for at least 30 minutes before serving.
10. Serve with tomatoes and chives chilled or at room temperature.

### MEAL PATTERN CONTRIBUTION

 Grain

### MEAL TYPE

 Snack

### YIELD

10 Cups

### PORTION SIZES

**Toddler:** ½ Cup  
**Preschool:** ½ Cup  
**School Age:** 1 Cup  
**Adult:** 1 Cup