

RECIPE | CUCUMBERS



LEMONY QUINOA CUCUMBER SALAD

pure
flavor



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15 min

15 min
PREP.

N/A
COOKING



4



easy

INGREDIENTS

- 1 lb** bag Pure Flavor® Mini Cucumbers, chopped
- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 2 cups** golden quinoa, cooked and cooled
- 3** scallions, finely chopped
- 1** lemon, juiced
- ½ cup** parsley, chopped
- ⅓ cup** hemp seeds
- 1 tbsp** olive oil
- Salt and pepper to taste

DIRECTIONS

- 1** In a medium bowl combine cooked quinoa, hemp seeds, cucumbers, scallions, parsley, and tomatoes.
- 2** Toss with lemon juice and olive oil. Serve immediately!