



RECIPE | CUCUMBERS

# LEMONY QUINOA CUCUMBER SALAD



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!