

PEEL & REMOVE THE SEEDS FROM THE TOMATOES



RECIPE | TOMATOES

RAINBOW QUINOA SALAD



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RAINBOW QUINOA SALAD



15 min

15 min | **0 min**
PREP. | COOKING



6



easy

INGREDIENTS

- 1 dry pint** Pure Flavor® Azuca Red Cherry Tomatoes, halved
- 1** Pure Flavor® Yellow Sweet Bell Pepper, diced
- 1** Pure Flavor® Long English Cucumber, diced
- 3 cups** quinoa, cooked and cooled
- 1 lb** carrots, peeled and riced in a food processor
- ½ cup** red onion, diced
- 2 tbsp** capers
- 2 tbsp** olive oil
- 2 tbsp** apple cider vinegar
- 1 tbsp** fresh lemon juice
- 1 tsp** Dijon mustard
- 1 tsp** sea salt

DIRECTIONS

- 1** To prepare the dressing mix olive oil, apple cider vinegar, lemon juice, Dijon mustard and sea salt in a small bowl.
- 2** In a large bowl, mix tomatoes, carrots, bell peppers, cucumber, capers, and onion.
- 3** Mix the quinoa into the vegetables followed by the dressing until well combined.

Pro Tip: Salad tastes best when allowed to sit in the fridge for a couple of hours to let the flavors marinate together.