

RECIPE | TOMATOES

SPRING QUINOA SALAD



[PURE-FLAVOR.COM](https://www.pure-flavor.com)

SPRING QUINOA SALAD



20 min

20 min | **0 min**
PREP. | COOKING



4



easy

INGREDIENTS

- 1 dry pint** Pure Flavor® OMG™ Tomatoes
- 15 oz** can chickpeas, drained & rinsed
- ½ cup** quinoa, cooked to package instructions
- ¼ cup** fresh lime juice
- ¼ cup** avocado oil
- 2 tbsp** fresh parsley, chopped
- 1 tbsp** garlic, minced
- ½ tsp** cumin powder
- ¼ tsp** sea salt
- ⅛ tsp** pepper

DIRECTIONS

- 1** Slice tomatoes in half and add to the cooled quinoa in large mixing bowl.
- 2** Add chickpeas and mix all together.
- 3** To make the dressing, combine oil with lime juice, garlic, parsley, cumin, salt and pepper.
- 4** Top quinoa with dressing and mix to combine.

Pro Tip: Serve with your favorite grilled protein for a heartier meal.