Quinoa Salad Lab

Culinary 1 · Unit 8 · Level 1 · after the Fried Rice Lab



Name: _____

Makes 1 salad. Mrs. Dyches' recipe: Quinoa Salad for One.

Salad: get it. Check ☐.

- ☐ **½ c** cooked quinoa
- ☐ **⅓ c** canned chickpeas
- ☐ **¼** cucumber
- ☐ **¼** red bell pepper
- ☐ **¼** yellow bell pepper
- ☐ **2-4 stems** flat parsley

Dressing: get it. Check ☐.

- ☐ **2 Tbsp** olive oil
- ☐ **2 Tbsp** lemon juice
- ☐ **1½ tsp** red vinegar
- ☐ **¼ tsp** salt
- ☐ **⅛ tsp** pepper

👩‍🍳 Do one box. Check ☐ it.

1		Cook the quinoa.	☐
2		Rinse the beans.	☐
3		Cut the veggies.	☐
4		Veggies in the bowl.	☐
5		Mix the dressing.	☐
6		Mix it all.	☐
7		Wait. Photo!	☐

💡 *Her for-one recipe lists no water amount for the quinoa, and the steps mention onion and garlic that are not in the list. See questions.*