🥗 Quinoa Salad Lab

Culinary 1 · Unit 8 · Level 2 · after the Fried Rice Lab



Name: _____ Date: _____ Period: _____

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

🧺 Salad

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

🧺 Dressing

- ☐ 🫒 **2 Tbsp** olive oil
- ☐ 🍋 **2 Tbsp** lemon juice
- ☐ 🍷 **1½ tsp** red vinegar
- ☐ 🧂 **¼ tsp** salt
- ☐ ⚫ **⅛ tsp** pepper

👩‍🍳 Steps: check each box when you finish

1. 🌾 Rinse the quinoa. Simmer it in water about **15 minutes**. Rest **5 minutes** with the lid on. ☐
2. 🫘 Drain and rinse the chickpeas. ☐
3. 🔪 **Dice** the cucumber and peppers. Chop the parsley. ☐
4. 🥗 Put the veggies and chickpeas in the bowl. ☐
5. 🌀 Whisk the oil, lemon juice, vinegar, salt, and pepper. ☐
6. 🌾 Add the cooled quinoa. Pour on the dressing. Toss. ☐
7. ⏲️ Rest **5-10 minutes**. 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.*