

BOCCONCINI, QUINOA & OREGANO SALAD

1.5 cups (370 mL) quinoa

3 cups (750 mL) water

2 cups (500 mL) diced zucchini

2 cups (500 mL) halved cherry tomatoes

1 cup (250 mL) diced red onion

1 cup (250 mL) frozen green peas, thawed

2 cups (500 mL) diced red bell pepper (about 2 pepper)

1 cup (250 mL) diced yellow bell pepper

6 tablespoons (90 mL) balsamic vinegar

4 tablespoons (60 mL) extra virgin olive oil

2 tablespoons (30 mL) Dijon mustard

4 tablespoons finely chopped fresh oregano (or 4 teaspoon dried oregano)

4 teaspoons minced fresh garlic

Pinch salt and ground black pepper to taste

2 cups (500 mL) halved mini bocconcini cheese pieces

Bring the quinoa and water to a boil in a medium saucepan. Cover, reduce to a simmer and cook for 10 minutes. Turn the heat off and leave the covered saucepan on the burner for another 4 minutes. Remove the lid and fluff the cooked quinoa with a fork. Set aside to completely cool.

Combine the zucchini, tomatoes, onion, peas and red and yellow pepper in a large bowl.

Whisk the vinegar, olive oil, mustard, oregano, garlic, salt and pepper together in a small bowl. Pour the dressing over the vegetables and thoroughly mix all the ingredients. Add the quinoa and bocconcini and mix until evenly combined. Serve immediately or refrigerate for up to 2 days. Serve salad on a bed of butter lettuce or a lettuce of your choosing.

Makes 8 servings.