

Chilled Quinoa and Salmon Salad

(E-style for Trim Healthy Mama users; perfect also for low carbers!)

- 2 cups water
- 3/4 tsp. salt, divided
- 1 cup quinoa, rinsed well and drained
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp. pepper
- 2 large cans salmon, drained *(optional: only use 1 can to make this recipe more economical)*
- 1 bell pepper (any color), diced
- 1 cup grape tomatoes, halved *(or 2 Roma tomatoes, diced, to save money)*
- 1 cucumber, diced
- 1 tsp. parsley flakes, dried



Bring water and 1/2 tsp. salt to a boil in a medium saucepan. Add quinoa and return to a boil. Reduce to a simmer, cover, and cook until the water has been absorbed, 15-20 minutes. Spread the quinoa in an 8x8" cake pan (or similar) and place it in the refrigerator to chill for 10-20 minutes or longer. Meanwhile, whisk together lemon juice, garlic, the remaining 1/4 tsp. salt, and pepper in a large bowl. Add the cooled quinoa, salmon, bell pepper, tomatoes, cucumber, parsley; toss well to combine. Add additional salt and/or pepper to taste.

Low fat; no sugar added; gluten free; egg free; nut free

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