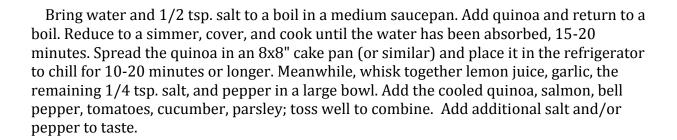
Chilled Quinoa and Salmon Salad

(**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



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

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