

Copycat Costco Quinoa Salad Recipe

1 cup cooked brown rice
1 cup cooked red, brown, or green lentils
2 cups cooked quinoa
1 red bell pepper, de-cored and chopped finely
1 large tomato, diced
1 cucumber, diced
1 cup baby kale, chopped finely
½ bunch flat-leaf parsley
¼ cup olive oil
3 tablespoons white wine vinegar (or apple cider vinegar)
1 lemon, juiced
1 tablespoon maple syrup
¼ teaspoon ground cumin
1 teaspoon sea salt
½ teaspoon ground black pepper

1. Combine the cooked rice, lentils, and quinoa in a large mixing bowl. Toss to combine
2. Add the red bell pepper, tomato, cucumber, and parsley.
3. Mix the olive oil, vinegar, lemon juice, maple syrup, ground cumin, salt and pepper. Pour over the salad. Stir well to combine.
4. Serve immediately, or cover and refrigerate for about 30 minutes to let the flavors combine.

Serves 6.

Calories per serving: 255