



Grilled Vegetable Quinoa Salad

by [Wendy Polisi](#)

Ingredients

- 4 cups cooked quinoa
- 1 red bell pepper, seeded and cut into thin strips
- 1 red onion, sliced $\frac{1}{4}$ inch thick
- 1 zucchini, sliced lengthwise into thin slices
- 3 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- $\frac{1}{4}$ teaspoon crushed red pepper
- $\frac{1}{2}$ teaspoon sea salt
- 1 cup cherry tomatoes, quartered
- $\frac{1}{4}$ cup thin sliced fresh basil
- $\frac{1}{4}$ cup fresh chives, chopped

Instructions

1. Heat an indoor grill pan over medium high heat. Brush both sides of the vegetables with olive oil and sprinkle with salt and pepper. Grill vegetables until tender, flipping once. (You may also grill on an outdoor grill.) Remove from heat and when cool enough to handle cut the vegetables into $\frac{1}{2}$ inch pieces. Stir in quinoa. (Optional: Leave vegetables raw.)
2. Meanwhile make dressing by combining vinegar, olive oil,, garlic, crushed red pepper and sea salt. Toss vegetables and dressing and stir in cherry tomatoes. Sprinkle with basil and chives and serve. (Optional: Sprinkle with goat cheese or feta cheese.)