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Quinoa and Smoked Tofu Salad

Prep Time: 10 mins

Cook Time: 30 mins

Rest Time: 10 mins

Total Time: 50 mins

Ingredients

- 2 cup(s) water
- 3/4 teaspoon salt, divided
- 1 cup(s) quinoa, dry, rinsed well
- 1/4 cup(s) lemon juice
- 3 tablespoon oil, olive, extra virgin
- 2 clove(s) garlic, small, minced
- 1/4 teaspoon pepper, black ground
- 1 package(s) tofu, baked, hickory smoked, 6 - 8-ounce package, diced
- 1 small pepper(s), yellow, diced
- 1 cup(s) tomato(es), grape, halved
- 1 cup(s) cucumber(s), diced
- 1/2 cup(s) parsley, fresh, chopped
- 1/2 cup(s) mint, fresh, chopped



Preparation

1. Bring water and 1/2 teaspoon salt to a boil in a medium saucepan. Add quinoa and return to a boil.
2. Reduce to a simmer, cover and cook until the water has been absorbed, 15 to 20 minutes. Spread the quinoa on a baking sheet to cool for 10 minutes.
3. Meanwhile, whisk lemon juice, oil, garlic, the remaining 1/4 teaspoon salt and pepper in a large bowl. Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley and mint; toss well to combine.