



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Mediterranean Raw Squash Salad

Serves 6 as a side salad

Ingredients:

1 1/3 cup whole wheat quinoa
1/3 cup extra- virgin olive oil
2 to 4 tablespoons lemon juice, to taste
1/2 cup scallions, finely chopped
2 cloves garlic, pressed or minced
1/2 tsp. salt
Freshly ground black pepper – to taste

1 can (15 ounces) chick peas, rinsed and drained
1 pint cherry tomatoes, quartered
4 ounces feta cheese – crumbled
1 medium zucchini, sliced thin
1 small yellow squash, sliced thin
2 Tablespoons parsley (or 1/3 cup fresh parsley)

Directions:

1. Cook the quinoa, according to package directions.
2. Once cooked, mix together the quinoa, scallions, garlic, chick peas, tomatoes, feta cheese, zucchini and yellow squash.
3. Mix together the olive oil, lemon juice, salt, pepper, and parsley. Drizzle over the quinoa mixture and serve.



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