

# ULTIMATE REPORT

Ultimate Skincare & Beaute Report



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## Enjoy the Beginning of Summer with This Seasonal Recipe: Greek Quinoa Tomato Bowls from Franci Cohen



Raw quinoa seeds in the wooden bowl on wooden background closeup

Don't let all of your spring body prep go to waste during the first summer holiday! **Certified nutritionist, personal trainer and exercise physiologist, Franci Cohen, has created three beginning-of-summer recipes highlighting delicious seasonal produce for your Memorial Day Weekend get-together.**

### Ingredients:

- 3 tablespoons freshly squeezed lemon juice
- 1 tablespoon red wine vinegar
- 1/4 teaspoon dried oregano
- 1 tsp garlic paste

- Kosher salt and freshly ground black pepper to taste
- 1/4 cup extra-virgin olive oil
- 1 cup quinoa
- 2 cups red and yellow grape tomatoes, halved
- 1 cup pitted kalamata olives
- 2 scallions thinly sliced
- 1 small red onion, diced
- 3 English cucumber,diced
- 4 oz. feta cheese, crumbled
- 8 beefsteak tomatoes, insides scooped out, but leave shell on bottom

**Directions:**

1. Whisk together the lemon juice, vinegar, oregano, garlic and some salt and pepper in a small bowl.
2. Slowly whisk in the oil until emulsified. Let sit at room temperature while you prepare the salad to allow the flavors to meld.
3. Combine the quinoa, 2 cups water, 1 teaspoon salt and 1/4 teaspoon pepper in a small saucepan, bring to a boil and cook until the water is absorbed and the quinoa is tender, about 15 minutes.
4. Transfer to a bowl, fluff with a fork and let sit for 5 minutes to cool slightly. Add the tomatoes, olives, green onions, red onions, cucumbers, feta cheese, and dressing and toss to coat. Cover and refrigerate for at least 1 hour and up to 8 hours before serving. The longer it sits the better the flavor.
5. Fill tomatoes, arrange on platter and serve!