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Greek Quinoa Tomato Bowls Recipe

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It's time to eat healthier and you can start today with this Greek Quinoa Tomato Bowls recipe from **Certified nutritionist, personal trainer and exercise physiologist, Franci Cohen.**

Greek Quinoa Tomato Bowls Recipe

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

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

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!