



## INGREDIENT LIST

### MEDITERRANEAN QUINOA SALAD WITH CHARRED LEMON DRESSING

Cooking Class with Vanessa Young

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**MAIN EQUIPMENT:** Medium saucepan with lid, fine mesh sieve, baking sheet, grill pan or skillet, measuring cups (liquid and dry), measuring spoons, large salad bowl, large spoon for salad, whisk, prep bowls, handheld juicer or citrus squeezer, knife, cutting board

#### INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 3 lemons
- 1 pint cherry or grape tomatoes
- 1 medium seedless cucumber (or 2 to 3 mini cucumbers)
- 1 cup crumbled feta
- 1/3 cup chopped mixed herbs (such as parsley, chives, and dill)
- 1/3 cup extra-virgin olive oil
- 1 teaspoon honey
- 1/4 teaspoon kosher salt
- Freshly cracked black pepper

*Replace/substitute any ingredients based on food allergies and preferences.*