

Veggie Quinoa Salad

This recipe is courtesy of Nic Abraham. For more wellness tips, visit [her website](#).

This is my favorite summer salad! The veggies and quinoa are filling and nutritious, as well as sweet and tangy. It's the perfect lunch or snack and tastes fantastic. If you're looking for a delicious and healthy option for your self-care day, this is it.

Ingredients

- 3 cups of cooked quinoa
- 1 cup of cut broccoli
- ½ cup of diced peppers
- ½ cup of Italian dressing
- ¼ cup of maple syrup
- ¼ cup of diced red onions
- ¼ cup of dried cranberries
- Salt and Pepper, to taste

Instructions

1. Cook the quinoa according to package instructions and allow to cool.
2. Mix all ingredients, stirring thoroughly.