

Quinoa Salad with Marinated Olives, Spinach and Tomato
(serves 4)

3 cups quinoa (extra will be used for dinner)
1 cup pitted kalamata olives
1 Tablespoon grain mustard
2 Tablespoons lemon zest
1 1/2 cup grape tomatoes (cut in half)
2 cups fresh spiinach
1 T extra virgin olive oil

1. Place the quinoa and water in a small pot and bring to a boil (follow correct ratio of water to rice on package). Reduce heat and simmer until cooked. Season with salt and pepper. TASTE.
2. Roughly chop olives (ensuring there are no pits) and toss with grain mustard and lemon zest, cut the tomatoes in half and gently chop the spinach.
3. Add olives, tomatoes, spinach and olive oil. Toss well, TASTE and serve.