

# Creamy Veggies & Quinoa salad for your MICROBES!



DOWNLOADABLE RECIPE CARD



## *Shopping List*

- 2 cups cooked quinoa
- 1/2 cucumber
- 1 large tomato
- 1 carrot
- 2 cloves garlic
- 1/2 cup plain greek yogurt
- 1 tsp Italian seasoning
- Salt & pepper to taste

## *Directions*

1. Cook quinoa according to directions on bag & let cool
2. Chop cucumber, carrot, tomato & garlic
3. Juice lemon
4. Combine all ingredients in a large bowl
5. Let chill in the fridge for 30-45 minutes!