

# Jennifer Aniston Salad

Recipe of the month: September



## Ingredients

- ☐ 2 cups cooked quinoa (1 cup uncooked with 2 cups water)
- ☐ 1 15oz can of Chickpeas (Garbanzo Beans)
- ☐ 1 cup roasted pistachios, chopped
- ☐ 1 ¼ cup diced cucumbers
- ☐ 1 diced red pepper
- ☐ ½ cup diced red onion
- ☐ ¾ cup chopped parsley (I use arugula)
- ☐ ¾ cup crumbled feta cheese
- ☐ 2 lemons, juiced
- ☐ ¼ cup olive oil
- ☐ Salt & pepper to taste

## Instructions

1. Cook quinoa, fluff with a fork, and put into a large bowl
2. Add rinsed and drained chickpeas and all other prepared ingredients above to the quinoa, stir, and serve (or prepare ahead and refrigerate).
3. Add grilled/blackened chicken, salmon, or other favorite protein.
4. Great for a meal prep. May need to add a little more lemon juice & olive oil during the week to liven it up a bit.

**Bon Appetit!**

Recipe source: [Andy's East Coast Kitchen](#)