

Quinoa Salad with Vegetarian Sausages



The combination of quinoa and vegan sausages makes this salad super satisfying, while the fresh zucchini, crunchy radishes, and creamy feta add such a great mix of flavors and textures. The tangy balsamic vinaigrette ties it all together, making each bite irresistible. It's quick to prepare and perfect for those busy days when you want something nourishing without too much fuss!

Preparation 15 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 430

Fat 22

Carbohydrates 33

Fibre 9

Protein 27

Sodium 920

Ingredients

- 125 ml (½ cup) quinoa, dry

- 15 ml (1 tbsp) olive oil
- 3 vegan sausages, sliced diagonally
- 1 zucchini, sliced into half moons
- 1 L (4 cups) greens of choice (arugula, spinach, kale, etc.)
- 250 ml (1 cup) white beans
- 125 ml (½ cup) feta cheese, cubed (about 1 cm)
- 125 ml (½ cup) radishes, cut in quarters
- 1 green onion, thinly sliced

Sauce

- 45 ml (3 tbsp) olive oil
- 15 ml (1 tbsp) balsamic vinegar
- 10 ml (2 tsp) Dijon mustard
- 1 clove garlic, minced

Preparation

1. In a saucepan, cook quinoa according to package directions.
2. In a pan over medium-high heat, heat the olive oil. Add zucchini and sauté for about 5 minutes until tender. Remove and set aside.
3. In the same pan, add the vegan sausage slices and cook 3-5 minutes per side until golden brown.
4. In the meantime, in a small bowl, make the vinaigrette by mixing all the ingredients.
5. In a large serving bowl, combine the quinoa, zucchini, vegan sausages, greens, white beans, feta, radishes, and green onion. Drizzle with vinaigrette and toss gently to coat.



Gabrielle Simard – Créatrice culinaire
Culinary Creator