

Quinoa, Cucumber, Tomato Salad

-15 cups raw quinoa prepared according to directions on package and stored in fridge

-8 cucumbers washed, sliced and quartered and stored separately until Thursday

-15 tomatoes washed and diced and stored separately until Thursday

-2 bunches green onions washed, dried, chopped and stored separately until Thursday

Balsamic Dressing

-mix balsamic vinegar & olive oil + Italian seasoning until it tastes good :-)