**[Make-Ahead Quinoa Salad With Cucumber, Tomato, and Herbs](http://www.seriouseats.com/2014/10/make-ahead-quina-salad-cucumber-tomato-herbs.html)**

**INGREDIENTS**

* 6 cup quinoa
* 6 pint grape tomatoes, split into quarters
* 6 large cucumber, seeds removed, cut into 1/2-inch pieces
* Kosher salt
* 12 small shallots, minced
* 3 cups roughly chopped flat-leaf parsley leaves
* 1.5 cup roughly chopped fresh mint leaves
* 1 3/4 cups extra-virgin olive oil
* 3/4 tablespoons red wine vinegar
* Freshly ground black pepper

**DIRECTIONS**

**1.** Begin by cooking the quinoa. The key to success is not following the package instructions, which always call for too much liquid and result in mushy quinoa. The ideal ratio is 1 cup of quinoa to 1-2/3 cups of liquid. Therefore 6 cups quinoa needs 10 cups of water. Simply combine the water, salt and quinoa is a pan and bring to a boil. Turn the heat down to a simmer, cover the pan and cook until the quinoa is done, about 15 minutes. You’ll know it’s done when the little white “tails” sprout from the grains.

Transfer quinoa to a fine mesh strainer and rinse under cold water until thoroughly chilled. Let drain for 10 minutes.

**2.** While quinoa cooks, combine tomatoes and cucumbers in a colander set in the sink. Season with salt and toss to coat. Let drain in sink until ready to combine with quinoa.

**3.** In a large bowl, toss drained quinoa, drained tomatoes and cucumbers, shallots, parsley, mint, olive oil, and red wine vinegar. Season to taste with salt and pepper. Salad can be stored in a sealed container in the refrigerator for up to 5 days.