

Cooling Cucumber, Quinoa & Mint Salad

Hot weather calls for cool and refreshing meals. This cucumber, quinoa, and mint salad is the perfect MCS-friendly option for July. It's made entirely from whole, natural ingredients with no artificial additives or hidden chemicals. Whether you're eating at home, heading to a picnic, or looking for a quick lunch that won't leave you feeling heavy, this dish offers a clean, crisp solution that supports your well-being. Plus, it's easy to prepare and even easier to enjoy.



Ingredients (serves 2–3):

- 1 cup quinoa (rinsed thoroughly)
- 2 cups filtered water
- 1 large cucumber (peeled if waxed, diced)
- 1/4 cup fresh mint leaves (chopped finely)
- 1/4 cup fresh parsley (optional, chopped)
- Juice of 1 lemon (freshly squeezed)
- 2 tbsp cold-pressed extra virgin olive oil
- Sea salt to taste (unrefined, no additives)
- Optional: 1/4 avocado, diced (for added creaminess)

Instructions:

1. Cook the quinoa: In a medium saucepan, combine quinoa and filtered water. Bring to a boil, then reduce heat, cover, and simmer for about 12–15 minutes, or until all water is absorbed. Fluff with a fork and let it cool completely.
2. Prep the vegetables: While quinoa cools, dice the cucumber and finely chop the mint and parsley.
3. Combine ingredients: In a large bowl, mix the cooled quinoa, cucumber, herbs, lemon juice, and olive oil. Add sea salt to taste.
4. Serve chilled: Let the salad sit in the fridge for 15–30 minutes before serving to let the flavours blend. If using, top with avocado before serving.



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Why it's MCS-Friendly:

- No synthetic additives or preservatives
- Lemon and herbs add flavour naturally, without sauces or dressings
- Quinoa is naturally gluten-free and gentle on digestion
- Cucumber is cooling and hydrating, ideal for hot summer days

This July, enjoy simple, nourishing meals that support your health and well-being—because everyone deserves a safe and satisfying summer at the table!