

## Sundried Tomato & Broccoli Quinoa Salad (Ovulatory)

2 cups cooked quinoa

1 cup broccoli florets, cut small and steamed

½ sundried tomatoes, chopped

1 cup marinated artichoke hearts, dried and diced

1T + to taste of artichoke marinade

1-2 roasted red peppers, chopped with juices (additional as needed)

Salt and pepper to taste

Red pepper flakes optional

Mix all ingredients together, top with feta cheese if desired. This can be served warm or cold as a side salad; or you can add grilled chicken and enjoy as a full meal. (Option to use canned artichoke heart as a substitute marinade for 1T EVOO sprinkle each of garlic powder, oregano and basil.)

*Best for the Ovulatory phase.*

