

# Mediterranean Quinoa Salad

## Quinoa salad:

- 2 cups quinoa, cooked (about 1 cup uncooked)
- 1 red bell pepper, chopped
- 1/2 cucumber, chopped
- 1 cup chickpeas
- 1/2 small red onion, finely chopped
- 1/2 cup kalamata olives, cut in half
- 1/4 cup sundried tomatoes, finely chopped
- 1/3 cup fresh basil, finely chopped
- 1/4 cup crumbled feta cheese



## Lemon oregano dressing:

- 2 tbsp lemon juice
- 1 tbsp white wine vinegar (or red wine vinegar)
- 1/3 cup olive oil
- 1 tbsp Dijon mustard
- 1 tsp maple syrup
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 1/4 tsp ground cumin
- salt & pepper to taste

1. To prepare the salad mix all the ingredients together in a large bowl. If there is any ingredient you like more of feel free to add more!
2. Mix all the salad dressing ingredients together in a small jar. Cover with the lid and shake until incorporated. Pour half the salad dressing onto the quinoa salad and give it a taste. If you like more dressing, add more. Otherwise, reserve leftover dressing for other salads.



This May, we celebrate older adults and local Senior Centers, with special emphasis on building strong communities. Through your successes, failures, joys, and difficulties, your stories and contributions help to support and inspire others.

In the spirit of this theme, here are a few ways to make connections for Communities of Strength!

- **Volunteer your time at the Senior Center or other local non-profits**
  - Share your story with others
  - Get involved in your neighborhood
  - Attend a group fitness class or find a work out buddy for the gym

An advertisement with a blue background. It features the text 'YOU HAVE A SPOT. TAKE YOUR SHOT.' and 'LET'S BRING SUMMER BACK TO NORTH CAROLINA.' Below this is the message 'Vaccines remain our best shot to end the pandemic.' and a link 'Learn how you or your organization can help bring summer back at covid19.ncdhhs.gov/BringSummerBack'. At the bottom, it says 'Remember to practice your 3 Ws: Wear, Wait, Wash' with a small logo for the NC Department of Health and Human Services. The background includes images of people enjoying summer activities.

A large red plus sign on the left and right sides. In the center, the text reads 'FRIENDS OF THE PERSON COUNTY SENIOR CENTER PRESENTS OUR SPRING' above the words 'BLOOD DRIVE' in very large, bold, red letters. Below that, the phrase 'Give the gift of life.' is written in a cursive font.

An illustration of two hands holding a large red heart. Inside the heart, the text says 'HOURS 11AM-4PM'. To the left of the heart is a red circle containing the text 'BOOK YOUR APPOINTMENT ONLINE'. To the right is another red circle containing 'PERSON CO SENIOR CENTER' and '87 SEMORA RD ROXBORO'. At the bottom, a red rounded rectangle contains the text 'SATURDAY, MAY 22'. Below this, it says 'In the Large Room of the Person County Senior Center'.

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