

Tabbouleh

Yields: 6 servings Preparation Time: 35 minutes

Ingredients

1 cup quinoa, rinsed well
1/2 teaspoon salt
2 tablespoons fresh lemon juice
1 garlic clove, minced
1/2 cup olive oil
1 large English cucumber, cut into 1/4 inch pieces
1 pint cherry tomatoes, halved
2/3 cup flat leaf parsley, chopped
1/2 cup fresh mint, chopped
2 scallions, thinly sliced
salt and pepper for seasoning



Instructions

1. Bring quinoa, 1/2 teaspoon salt, and 1 1/4 cups of water to a boil in a medium saucepan over high heat.
2. Reduce heat to medium low, cover, and simmer until quinoa is tender about 10 minutes. Remove from heat and let stand covered for 5 minutes. Fluff with fork.
3. In a small bowl whisk lemon juice and garlic together. Gradually whisk in olive oil. Season with salt and pepper to taste.
4. Add cucumber, tomatoes, herbs, and scallions to a large bowl with the cooked quinoa and mix together. Drizzle the lemon dressing over the quinoa and vegetables and toss until coated. Season with salt and pepper to taste.
5. Can be made a day ahead, covered and refrigerated.