

## QUINOA TABBOULEH SALAD

This Middle Eastern salad gets an upgrade with the “it” grain, quinoa. The tiny nutritional powerhouse is loaded with protein, making this dish both a vegetarian main course and a summer side dish.

*Makes 6-8 servings*



### INGREDIENTS

- 1 cup uncooked quinoa, rinsed and drained
- 2 cups of water (or veggie broth)
- 1 cup cucumbers, peeled and chopped
- 1 cup fresh parsley, chopped
- ¼ cup fresh mint, chopped
- 1 cup grape tomatoes, chopped
- ½ cup scallions, chopped
- Sea salt and fresh ground black pepper to taste
- ¼ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- 1 tsp minced garlic

### METHOD

1. Cook the quinoa in two cups of water (or use vegetable broth for a boost of flavor).
2. Chill thoroughly. Add cucumber, scallions, parsley, mint, and tomatoes to the quinoa.
3. Season with salt and pepper to taste. In a separate bowl, whisk olive oil, lemon juice, and garlic until blended.
4. Add quinoa and veggies and mix until thoroughly combined. Chill before serving.