

Quinoa Tabouli

Serves 4-6

1 cup quinoa

2 cups water

½ cup cherry tomatoes, whole or sliced in half

½ cup black olives, pitted

½ cup cucumber, chopped

½ cup scallions, chopped

1 cup fresh parsley, chopped fine

¼ cup olive oil

¼ cup fresh lemon and/or lime juice

1-2 cloves garlic, pressed

1 teaspoon sea salt

1-2 cups lettuce or spinach

Optional Ingredients

1 red bell pepper, seeded and chopped

½ cup coarsely grated carrot

½ cup cooked garbanzo beans or chickpeas

Bring 1 cup of quinoa and 2 cups of water to boil. Lower heat and simmer, with the lid on, for 15 minutes. Cool before assembling the salad. Mix together all ingredients except lettuce or spinach. This salad is best after chilling for 2-3 hours. Serve on a bed of lettuce or spinach.