

QUINOA TABBOULEH

Makes 2 cup | 2 servings | \$2.20 per serving

Ingredients

½ cup uncooked quinoa
1 cup water or low-sodium broth
¼ -½ cup fresh parsley, chopped (to taste)
1 tomato, chopped
1 cucumber, chopped
½ green onion, finely chopped
½ garlic clove, chopped (¼ teaspoon minced or ⅛ teaspoon powder)
1 Tablespoon olive oil
2 Tablespoons fresh lemon juice

Instructions

1. Rinse quinoa under cool running water to reduce bitterness (unless package says it is pre-rinsed).
2. Combine quinoa with water or broth, bring to a boil, then reduce heat and let simmer for 10-15 minutes. Quinoa is done when all the water or broth is absorbed and grains are light. Fluff with a fork.
3. Toss quinoa with all other ingredients. Refrigerate until chilled to let flavors blend. Serve cold.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.