

QUINOA TABOULEH

Yield 1 lb

Ingredients:

2/3 cup quinoa

1/8 cup lemon juice

1/3 cup cucumber, small dice

2/3 cup tomatoes, seeded and finely diced

1/8 cup green onion, chopped fine

1 cup parsley, finely chopped

1/4 cup mint, minced

1/8 cup olive oil

1 tsp garlic, minced

1 tsp salt

Method:

- **Rinse the quinoa well and bring to a boil in 1 cup of water, cover and simmer for 10 minutes or until water is absorbed, place in a bowl and cool in refrigerator.**
- **Mix the chopped tomatoes, green onions, cucumbers, and herbs in a separate bowl. Add quinoa to this once it is cool.**
- **Mix the olive oil, lemon juice, garlic and salt. Pour over the tabouleh and toss well.**
- **Taste, and adjust seasonings if necessary.**



Ashland Food Co-op