

Quinoa Tabouli Salad

¾ cup quinoa
1 ½ cups of water
¾ cup cucumber – diced
¾ cup tomato – diced
3 green onions (or red onion if you prefer)
Fresh parsley (or cilantro if you prefer)
½ fresh lemon
1-2 tablespoons olive oil
Salt and pepper to taste

- Rinse the quinoa REALLY WELL under cool water before cooking. To do this put the quinoa into a fine mesh strainer and mix while you rinse. Do this for several minutes. This step is crucial to the dish, as quinoa can be very bitter if it is not rinsed thoroughly. (You want to remove the bitter coating of saponin that quinoa sometimes has).
- Bring the 1 ½ cups of water to a boil. Once boiling, add the quinoa, and turn down the heat to low. Allow to simmer with the lid on for about 15-20 minutes.
- Once the quinoa is cooked, put in the refrigerator until cool. This dish should be served at room temperature or when cool.
- Add in the tomato, cucumber, onion, fresh parsley, olive oil, lemon juice, salt and pepper, and mix all together.