



Quinoa Tabbouleh

(ADAPTED FROM BON APPETIT TEST KITCHEN, BON APPETIT/EPICURIUS)

Yield: Makes 6 servings

Ingredients

- 1 cup dry quinoa, rinsed
- ½ tsp salt
- 2 tbsp fresh lemon juice
- 1 garlic clove, minced
- ½ cup olive oil
- 1 large cucumber (or 2-3 small cucumbers)
- 1 pint cherry tomatoes, halved
- 1 tsp cinnamon
- ⅔ cup parsley, chopped
- ½ cup mint, chopped
- pepper to taste

Instructions

Add quinoa, 1 ¼ cup water and ½ tsp salt to medium sauce pan over high-heat. Bring to a boil. Once boiling, reduce heat to medium-low, cover and simmer until quinoa is tender, ~10 minutes.

Remove from heat and let stand for 5 minutes. Fluff or stir with a fork.

Whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with pepper.

Transfer quinoa to a large bowl and mix in ½ of dressing. This can be done 1 day ahead and kept covered in the refrigerator.

Add cucumber, tomatoes, herbs and scallions to bowl with quinoa. Add the remaining dressing. Mix well.

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Description

This recipe is a twist on traditional middle-eastern tabbouleh, where bulgar wheat is used. Quinoa, a protein and fiber-packed grain, is used in this recipe instead. The fresh herbs, cucumber and cherry tomatoes sing notes of sweet summer time.



Farmers Market Finds

- Fresh Parsley
- Onions
- Cherry Tomatoes
- Cucumbers
- Mint
- Green
- Fresh Garlic



Store Grabs

- Quinoa
- Fresh Lemon
- Olive Oil
- Cinnamon
- Salt & Pepper to taste

Substitutes

Could use couscous, rice, bulgur wheat or barley in place of quinoa.

Could use 4-5 Roma tomatoes or 1-2 larger (beefsteak) tomatoes in place of 1-pint cherry tomatoes.

Could use lime in place of lemon.

Pairs with

This refreshing middle-eastern dish would pair well with hummus *hint hint, perhaps a pea hummus?!* A grilled chicken breast, kabob skewers or sautéed zucchini would also be excellent culinary companions to this meal.