

Quinoa Tabouli Salad

Prep Time: 20 minutes

Cook Time: 30 minutes

Yields: Makes 4 servings

Ingredients:

1 cup	quinoa, rinsed
1 ¾ cup	low sodium broth or water
¼ teaspoon	salt
2	lemons, juiced
1	clove garlic, minced
¼ cup	olive oil
1 large	cucumber, cut into half moons
1 cup	cherry tomatoes, cut in half
2/3 cup	parsley, chopped
½ cup	mint, chopped
2	scallions, thinly sliced
	pepper, to taste

Directions:

Place quinoa, salt, and broth in a medium pot. Bring to a boil then reduce the heat. Cover with a lid and let simmer for about 15 minutes or until liquid has evaporated. Remove from heat and let cool. Once quinoa reaches room temperature, fluff with a fork.

While the quinoa is cooking, make the dressing by juicing lemons into a bowl. Mince garlic and add it to the bowl with the lemon juice. Slowly whisk in and add the oil. Add salt and pepper to taste.

Cut the cucumber and half tomatoes. Chop parsley, mint and slice scallions.

Add cucumbers, tomatoes, parsley, mint and scallions to a large bowl. Add cooled quinoa and mix well. Add the dressing and toss well. Taste for salt and pepper.