



RECIPES

Quinoa Tabbouleh Salad

INGREDIENTS:

- 2 cups water
- 1 cup quinoa
- 1 pinch salt
- ¼ cup olive oil
- ½ tsp sea salt
- ¼ cup lemon juice
- 3 tomatoes, diced
- 1 cucumber, diced
- 2 bunches green onions, diced
- 1 cup fresh parsley, chopped

INSTRUCTIONS:

1. In a saucepan bring water to a boil. Add quinoa and pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature. Fluff with a fork.
2. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, and parsley. Stir in cooled quinoa.

*For more recipes, visit wjmc.org/recipes
or call 504.349.1232*



Adapted from: <http://allrecipes.com/recipe/quinoa-tabbouleh/detail.aspx>