



Simple | Healthy | Delicious

Quinoa Tabbouleh

INGREDIENTS

1 3/4 cups water
1 cup Nature's Earthly Choice Quinoa uncooked
1/2 cup coarsely chopped seeded tomato
1/2 cup chopped fresh mint or parsley
1/4 cup raisins
1/4 cup chopped cucumber
1/4 cup fresh lemon juice
2 tablespoons chopped green onions
1 tablespoon extra-virgin olive oil
2 teaspoons minced fresh onion
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper



DIRECTIONS:

1. Combine water and quinoa in a medium saucepan; bring to a boil.
2. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
3. Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients.
4. Cover; let stand 1 hour. Serve chilled or at room temperature.