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Quinoa Tabouleh

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Serves 2-4

Ingredients:

- 1 cup of quinoa (rinsed)
- 3 Roma tomatoes (diced)
- 1/2 small onion (finely chopped)
- 1 bunch of parsley (washed, dried, and finely chopped)
- 1 sprig of fresh mint (washed, dried, and finely chopped)
- Juice of 1/2 lemon
- 3 tbsp of Olive oil
- Salt and pepper

Directions:

In a medium pot bring 2 cups of water to boil. Add Quinoa, reduce to low heat, simmer, and cover. Quinoa should be cooked in 15-20 min, it will be light and fluffy. Remove from heat and allow to cool. In a large bowl mix Quinoa, tomato, onion, parsley, mint, lemon juice, and olive oil. Add salt and pepper to taste.

Special Notes:

Rinsing Quinoa before cooking helps to remove bitter saponins that effect it's taste. Quinoa is an ancient grain. It is very high in protein and minerals. Tabouleh can be enjoyed on it's own, on a green salad, or in a pita.