

**Recipe for:** Quinoa Tabouli (Gluten-free)

**Ingredients:** 1 cup uncooked quinoa  
1  $\frac{3}{4}$  cups water  
 $\frac{3}{4}$  tsp. salt  
2 Tbsp. lemon juice  
1 clove garlic, pressed or finely chopped  
2 green onions, chopped  
 $\frac{1}{2}$  cup parsley, chopped (discard stems)  
 $\frac{1}{4}$  cup fresh mint, chopped (discard stems)  
1 large/2 medium cucumbers, peeled, cut into  $\frac{1}{2}$ -inch cubes  
1 large/2 medium tomatoes, cut into  $\frac{1}{2}$ -inche pieces  
1 Tbsp. olive oil  
Sea salt and pepper, to taste

**Preparation:** Prepare quinoa according to package directions or wash in cold water and drain in a sleeve. Bring water to a boil. Add  $\frac{3}{4}$  tsp. salt and quinoa. Reduce heat, cover, and simmer until water has been absorbed; about 15 minutes. Cool quinoa to room temperature. (Quinoa may be refrigerated overnight).

In a large bowl, combine cooked quinoa, lemon juice and garlic. Add onions, parsley, mint, cucumber, tomatoes and oil. Toss gently with two forks until thoroughly mixed. Toss gently with two forks until thoroughly mixed. Add sea salt and pepper to taste. Serve at room temperature or chilled