

QUINOA TABBOULEH

BY THE CANADIAN LIVING TEST KITCHEN

Middle Eastern tabbouleh is usually made with cracked bulgur wheat. By using quinoa (actually a seed that is an excellent source of iron), this salad becomes gluten-free.

- **Portion size** 6 servings

INGREDIENTS

- **3/4 cups** quinoa
- **1 cup** chopped fresh flat-leaf parsley
- **1 cup** chopped English cucumber
- **1/2 cup** chopped green onion
- **1/4 cup** chopped fresh mint
- **1** tomato seeded and chopped

Dressing:

- **3 tablespoons** lemon juice
- **2 tablespoons** extra-virgin olive oil
- **1/4 teaspoon** salt
- **1/4 teaspoon** pepper

METHOD

Rinse quinoa under cold running water. In saucepan, bring 1-1/2 cups water to boil; add quinoa and return to boil. Reduce heat, cover and simmer until no liquid remains, 18 minutes.

Remove from heat; fluff with fork. Transfer to bowl; let cool. Add parsley, cucumber, green onions, mint and tomato.

Dressing: Whisk together lemon juice, oil, salt and pepper; pour over quinoa mixture and toss to coat. Serve at room temperature or cover and refrigerate for 1 hour.

Enjoy 😊