

Quinoa Tabbouleh

Whether you are new to quinoa or have enjoyed it for years, you'll love this new take on traditional tabbouleh.

WHAT YOU NEED

- ½ cup quinoa
- 1 cup gluten-free chicken broth such as Better Than Bouillon®
- ¾ cup chopped cucumber
- ½ cup snipped fresh parsley
- ¼ cup thinly sliced green onions
- 1 tablespoon snipped fresh mint
- 1 recipe Tabbouleh Dressing
- ¾ cup chopped tomato
- 4 lettuce leaves

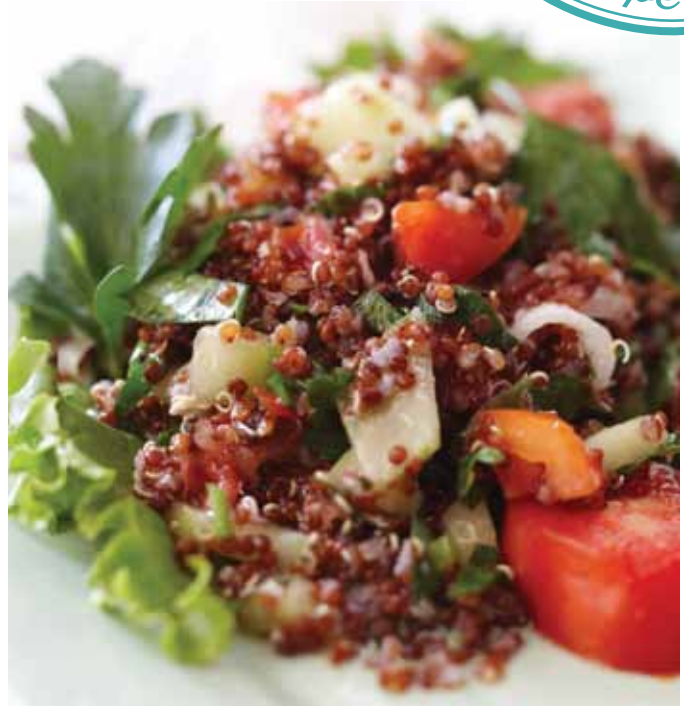
HOW TO MAKE THE TABBOULEH

- 1 Place quinoa in a colander and rinse with warm water for 2 minutes. Note: quinoa must be rinsed VERY WELL to remove the bitterness on the grain. In a saucepan, combine quinoa and chicken broth. Bring to a boil and let cook until quinoa splits and absorbs most of the chicken broth, about 15 minutes. Drain and cool.
- 2 In a large bowl combine quinoa, cucumber, parsley, green onions, and mint. Drizzle with Tabbouleh Dressing and toss to coat. Cover and chill for 4 to 24 hours. Stir tomato into quinoa mixture just before serving. Serve on lettuce leaves. Serves 4.

Tabbouleh Dressing: In a screw-top jar combine 3 tablespoons canola oil, 3 tablespoons lemon juice, 2 tablespoons water, and ¼ teaspoon salt. Cover and shake well.

NUTRITION PER SERVING:

188 calories, 12g fat, 2g saturated fat, 3mg cholesterol, 298 mg sodium, 16g carbohydrate, 2g fiber, 4g protein



TIP

You can cook the quinoa the day before and keep it refrigerated until you are ready to mix up this favorite salad.