

Quinoa Tabbouleh

Tabbouleh is a healthy, fresh, delicious grain salad that makes a perfect snack, side dish, light lunch, or dinner. I like to have it alongside pita bread and hummus. And the best thing about it? It tastes better and better the longer it marinates—so you can enjoy it all week long!

Yield: 4-6 main dish servings or 8+ side dish servings

Ingredients

- 2 cups quinoa
- 4 cups water
- ½ cup chopped fresh mint
- 1 cup chopped fresh parsley
- ½ cup chopped fresh basil
- 1 small bunch green onions, sliced
- 1 lb. Roma tomatoes, cubed
- 1 large or 2 small cucumbers, peeled, seeded, and cut into small cubes
- ¼ cup extra virgin olive oil (use the best olive oil possible for this recipe!)
- 2 tsp. lemon zest
- ½ to 2/3 cup freshly squeezed lemon juice (from about 2 lemons)
- 3 cloves finely chopped or pressed garlic
- Salt and pepper to taste
- 1/3 cup roughly chopped walnuts



Directions

- 1) Preheat the oven to 350 degrees.
- 2) Bring the water and quinoa to a boil in a medium sauce pan. Cook covered over medium heat for 10-15 minutes, or until tender and all liquid is absorbed. Add to a large serving bowl and let cool. (If you add the fresh herbs while the quinoa is hot, they will wilt).
- 3) Add the chopped mint, parsley, basil, green onions, tomatoes, and cucumbers to the quinoa. In a small bowl, whisk together olive oil, lemon zest, lemon juice, garlic, salt and pepper. Add to the quinoa.
- 4) On a small baking sheet, toast walnuts in preheated oven for about 8 minutes, until fragrant and golden. Add to the quinoa and toss everything together. Serve cold or at room temperature. (It's best if you let it sit overnight in the fridge though).