

Tabouli

Traditional tabouli salad makes good lunchbox fare or a quick summer meal and packs well for a picnic or potluck. This recipe calls for quinoa (pronounced KEEN-wah), a whole grain rich in protein and amino acids.

Quinoa

1 cup dry quinoa
Pinch of sea salt
1 3/4 cups water

Rinse quinoa well with warm water and drain. Place rinsed quinoa, salt, and water in a pot. Bring to a boil, reduce heat to low, cover, and let simmer for 15-20 minutes, until all the water is absorbed. Fluff with fork.

Salad

1 cup of cooked quinoa
1/3 cup of finely chopped parsley
2 scallions, finely chopped
1/2 cup cucumber, chopped in small pieces
1/2 cup tomato, chopped in small bites
1/4 cup chopped mint

Dressing

1/2 cup freshly squeezed lemon juice
3 tablespoons extra-virgin olive oil
1 tablespoon tamari or shoyu

Place quinoa in a mixing bowl. Add parsley, scallions, cucumber, tomato, and mint to cooked quinoa; toss gently. Blend lemon juice, oil and tamari with whisk. Pour over quinoa and vegetables, toss again. Serve immediately or store in refrigerator in covered container.

Preparation time: 30 minutes
Makes 4 servings



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