

Quinoa Tabouli

Adapted from PCC Deli

Makes 6-8 servings

Ingredients

1 ½ cups quinoa
2 ⅓ cups water
1 clove garlic
1/3 cup lime juice
1 teaspoon salt
1/2 teaspoon black pepper
1/3 cup olive oil
1 cucumber
3 Roma tomatoes
1/2 bunch green onions
2-3 tablespoons fresh mint
1/2 bunch cilantro



Photo credit: PCC Community Market website

Instructions

Rinse quinoa with cold water in a fine mesh strainer and let drain well.

Bring water to a boil in a medium saucepan. Add quinoa, stir, and bring to a full rolling boil. Cover and reduce heat to a simmer for about 5 minutes. Turn off heat and let the quinoa sit for another 10 minutes to slowly finish cooking.

While the quinoa is cooking, mince 1 clove garlic and whisk the dressing ingredients together in a small bowl: lime juice, salt, pepper, garlic, and olive oil. When the quinoa is finished cooking, pour the dressing over quinoa and mix thoroughly. Place in refrigerator to cool.

Peel and dice cucumber, removing the seeds. Dice tomatoes. Thinly slice green onions. Mince fresh mint and coarsely chop cilantro.

When the quinoa has cooled, toss with cucumber, tomatoes, green onions, mint, and cilantro.