

## QUINOA TABBOULEH

*Traditionally, tabbouleh is made with bulgur, but this version calls for quinoa, an ancient nutritious grain.*

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| 1 cup (250 mL) water                                   | 2 tbsp (25 mL) olive oil                       |
| 1/2 cup (125 mL) quinoa, thoroughly rinsed and drained | 1/2 cup (125 mL) diced seeded English cucumber |
| 2 tbsp (25 mL) fresh lemon juice                       | 1/2 cup (125 mL) diced seeded Roma tomatoes    |
| 1/4 tsp (1 mL) salt                                    | 1/2 cup (125 mL) chopped fresh parsley         |
| 1 clove garlic, crushed                                | 1/4 cup (50 mL) chopped fresh mint             |

Bring water to a boil in a medium saucepan over medium heat. Stir in quinoa and return to a boil. Reduce heat and simmer, covered, for 20 minutes or until tender. Transfer quinoa to a bowl and fluff with a fork. Cool to room temperature. Meanwhile, to prepare dressing, whisk together lemon juice, salt and garlic until combined. Gradually whisk in oil until blended. Add cucumber, tomatoes, parsley and mint to quinoa. Add dressing and toss to combine. Serves 4.

**Cook's Note:** *The outer hull of quinoa contains a bitter resin called saponin. Quinoa must be rinsed thoroughly before cooking in order to remove this bitter coating.*