



Quinoa Tabbouleh

Makes 4 servings ~ \$6.55 (\$1.64 per serving)

Ingredients

- 1 cup Quinoa
- 2 1/2 teaspoons kosher salt, divided, plus more if needed
- 3 scallions, finely chopped
- 1 medium tomato, cored and finely chopped
- 1/2 English cucumber, finely chopped (optional if using in soup)
- 1/2 cup finely chopped fresh mint leaves
- 1/4 cup finely chopped fresh parsley leaves
- 2 Tablespoons finely chopped fresh dill
- 3 Tablespoons fresh lemon juice
- 2 Tablespoons extra-virgin olive oil

Directions

1. In a medium bowl, add the quinoa and cover with cold water. Agitate the quinoa until the water becomes cloudy. Drain in a fine-mesh sieve and repeat until the water is no longer cloudy when the quinoa is agitated.
2. In a medium saucepan filled with boiling water, add the quinoa and 1 teaspoon of salt. Simmer the quinoa over medium-high heat until the quinoa is tender and has uncoiled, 10 to 12 minutes. Drain in a colander and turn the quinoa out onto a kitchen-towel-lined baking sheet. Let cool for at least 20 minutes.
3. To a large bowl, add the cooled quinoa, the scallions, tomato, mint, parsley, dill, lemon juice, olive oil and the remaining 1 1/2 teaspoons of salt. Stir to combine, taste, and season with more salt if needed.
4. Serve as a salad or in Mediterranean Chicken Soup.

Recipe courtesy of Tracy Pikhart Ritter

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