

# Quinoa Tabbouleh

simple  
healthy  
delicious

## Ingredients

- 1  $\frac{3}{4}$  cups water
- 1 cup Nature's Earthly Choice™ Quinoa uncooked
- $\frac{1}{2}$  cup coarsely chopped seeded tomato
- $\frac{1}{2}$  cup chopped fresh mint or parsley
- $\frac{1}{4}$  cup raisins
- $\frac{1}{4}$  cup chopped cucumber
- $\frac{1}{4}$  cup fresh lemon juice
- 2 tablespoons chopped green onions
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons minced fresh onion
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper



## Directions

1. Combine water and Quinoa in a medium saucepan; bring to a boil.
2. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
3. Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients.
4. Cover; let stand 1 hour. Serve chilled or at room temperature.