

Mom H's Quinoa Tabouleh Salad

Description

1 cup quinoa
1-1/2 teaspoon sea salt
1-3/4 cups water

Place in medium saucepan. Bring to a boil and simmer covered for 10 minutes

Turn off heat and let sit for 6 minutes. Fluff with fork when done

Cool

¼ cup lemon juice

1.4 cup olive oil

1 onion, chopped

1-2 cups fresh parsley, chopped

2 tomatoes, diced

½ cup grated carrots

½ -1 red pepper, chopped

1 small zucchini or cucumber, diced

½ cup of chick peas (drained)

Salt & Pepper to taste

Feta cheese and olives to taste

Combine all ingredients and let marinate together for a few hours to meld

Summary

Yield: 8

Prep Time: 3 hours

Category: Salads

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Ingredients

Instructions