

# 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

## Ingredients

## Instructions