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