

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

1/4 cup lemon juice
1.4 cup olive oil
1 onion, chopped
1-2 cups fresh parsley, chopped
2 tomatoes, diced
1/2 cup grated carrots
1/2 -1 red pepper, chopped
1 small zucchini or cucumber, diced
1/2 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