

# Quinoa Tabbouleh



**COOK TIME:** 30 Minutes



**SERVING SIZE:** 4 Servings



## INGREDIENTS

- 2 cups water
- 1 cup quinoa
- 1 pinch salt
- 1/4 cup olive oil
- 1/2 teaspoon sea salt
- 1/4 cup lemon juice
- 3 tomatoes, diced
- 1 cucumber, diced
- 2 bunches green onions, diced
- 2 carrots, grated
- 1 cup fresh parsley, chopped

## INSTRUCTIONS

1

In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork.

2

Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots and parsley. Stir in cooled quinoa.



**COURTESY OF:** Chef Henry

