

Quinoa Tabouleh

Yield: 4, 1-cup servings

Ingredients:

Quinoa, dry
Vegetable stock
Roma tomatoes, chopped
Kalamata olives, chopped
Feta cheese, crumbled
Parsley, fresh chopped
Garlic, fresh chopped
Lemon juice, fresh
Extra virgin olive oil
Kosher salt
Black pepper, fresh cracked

U.S. Standard

2 cups
4 cups
1 cup
½ cup
⅓ cup
½ cup
1 tablespoon
⅓ cup
⅓ cup
2 teaspoons
2 teaspoons

Method of Preparation:

1. Gather all the ingredients and equipment.
2. Rinse and agitate the dry quinoa in a chinois under cold water until the water runs clear. Simmer in stock for 20 minutes, then cool.
3. Combine all ingredients into a medium bowl and mix well.

Recipe submitted by Alyssa Katz, JWU Culinary Nutrition Student
CULN 3155 Vegetarian Cuisine, April, 2018