

Summer Tabouli

As far as nutrition goes, this tabouli adaption beats the traditionally-used bulgur version with the whole-grain quinoa providing excellent nutrients, including high-quality protein and quinoa is gluten-free, too. Adapted from The Moosewood Cookbook by Mollie Katzen

2 cups of cooked quinoa
1/4 c. fresh lemon and/or lime juice
1-3 heaping t. crushed fresh garlic
1/2 c. chopped scallions (include greens)

2 medium tomatoes, diced
1 chopped cucumber
1/2 t. dried mint (add more if you like it to be more flavorful)
1/4 c. extra virgin olive oil 1 c. packed freshly chopped parsley fresh black pepper

Optional:

1/2 c. cooked chickpeas
1 chopped red or green pepper
1/2 c. coarsely grated carrot
1 chopped or grated summer squash

Pre-cook the quinoa and let stand for an hour. Just before serving add the vegetables and mix gently. Correct seasonings. Garnish with feta cheese and olives. Serves 6-8.