Quinoa Tabbouleh
Makes 8-10 servings

This hearty salad creates a starring role for parsley, an herb often relegated to merely garnishing a plate. More herbal flair is added with a healthy dose of mint. Traditional tabbouleh uses bulgur as the featured grain; this version substitutes quinoa, an ancient grain that's quick to cook and features an exceptionally high protein content for a grain. An added bonus for some, pure quinoa is gluten-free. Though many tabboulehs use the grain as an accent, our version is about half-grain, half vegetables. Enjoy the Middle Eastern flavors and the hearty character of this salad.

Ingredients
1 cup uncooked quinoa
 2 cups water
1 teaspoon kosher salt
4 medium tomatoes, seeded, diced
2 cucumbers, peeled, seeded, diced
   or 1 English cucumber, diced
8 scallions, thinly sliced
2 cups flat-leaf parsley, packed
1 cup mint, packed

Dressing
1/2 cup lemon juice (2-3 lemons)
1/2 cup white wine vinegar
1/2 cup olive oil
1 tablespoon Dijon mustard
3 cloves of garlic, crushed
1 teaspoon Kosher salt
1 teaspoon freshly ground black pepper

Directions:
1. RINSE the quinoa grains well using a fine mesh strainer. PLACE the quinoa in a small saucepan and add the 2 cups of water and 1 teaspoon salt. Bring the water to a boil, then cover and remove from heat. Let the quinoa stand for 15 minutes or until all the water is absorbed. Fluff with a fork.

2. MIX the dressing with a whisk and pour over the warm quinoa. The warm grain will absorb the flavors of the dressing.

3. SEED and DICE the tomatoes. SEED and DICE the cucumber (peel the cucumber if the skin is tough, or leave intact if tender). RINSE and thinly SLICE the scallions crosswise.

4. WASH, DRY, and CHOP the parsley and mint.

5. TOSS the vegetables and herbs together with the quinoa. STORE in the refrigerator until ready to serve.