

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Quinoa Tabbouleh

From The Whole Foods Cookbook

Serves 6 (This recipe can easily be cut in half to feed less.)

- 2 cups quinoa, rinsed well
- 3 ½ cups water
- 2 cups chopped parsley
- 1 pound plum tomatoes, seeded, diced small
- 1/8 cup lemon juice
- ¼ cup extra-virgin olive oil
- 3 small cloves garlic, minced (1 ½ teaspoons)
- 1 ½ tablespoons minced fresh mint
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

Place the quinoa into a fine-mesh colander. Rinse the quinoa under cold running water; drain well. Place the quinoa and water in a saucepan and cover. Bring to a boil, reduce the heat to a simmer, and cook the quinoa over low heat for 20 minutes, until it is tender and the liquid is absorbed. Fluff the quinoa grains with a fork, and spread them out evenly on a plate to chill completely before mixing with remaining ingredients.

Combine the cooked quinoa, parsley, tomatoes, lemon juice, olive oil, garlic, and mint. Season with salt and pepper.