QUINOA TABOULEH

INGREDIENTS:

1 cup Quinoa

2 cups water

2 medium tomatoes, cut into cubes

1 medium onion or 6 green onion, finely chopped

1 medium cucumber, peeled and cut into cubes

1 small green pepper, seeded and cut into ½ inch cubes (optional)

1 bunch parsley and or basil, finely chopped – should be about 1/3 –1/2 cup

1/3 cup lemon juice

1/3 cup olive oil

4 garlic cloves, minced

1 teaspoon sea or course salt
or ¾ teaspoon of regular table salt

DIRECTIONS:

1. Put the quinoa in a wire strainer and thoroughly rinse with hot water to remove any bitter flavor.

2. In a medium saucepan, bring the water and quinoa to a boil over high heat. Reduce the heat to low, cover, and simmer until the quinoa is tender and the water is absorbed, 10-12 minutes. Let cool completely.

3. Stir the tomatoes, onion, cucumber, and parsley/basil into the quinoa. In a small bowl, whisk together the lemon juice, oil, garlic, and salt. Pour over the quinoa and toss well.

4. Cover and refrigerate for at least 30 minutes before serving.

Serves 6

Nutrition Facts

Serving Size (275g)
Servings Per Container 6

Amount Per Serving

Calories 250	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 5g	

Vitamin A 8% • Vitamin C 50%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Steps to a Healthier ROCKLAND County