

Tabbouleh Salad with Quinoa

SERVES	PREP TIME	COOK TIME	READY IN
8	5 min	20 min	2 hrs

Are you looking for a new salad or side dish? Try this gluten-free version of traditional tabbouleh.

Ingredients

- 1 cup **quinoa**
- 1 $\frac{3}{4}$ cup gluten-free **chicken broth** (vegetable broth or water can be substituted)
- $\frac{1}{4}$ cup fresh **lime** juice
- 2 Tablespoons **olive oil** (or vegetable oil)
- 1 **cucumber**, seeded, peeled, and chopped
- 1 large **tomato**, seeded and chopped
- $\frac{1}{2}$ yellow **onion**, chopped
- $\frac{1}{2}$ cup Italian fresh **parsley**, chopped
- 2 Tablespoons fresh **mint**, chopped
- $\frac{1}{2}$ teaspoon coarse sea **salt**

Directions

1. Rinse and drain the quinoa several times in cool water.
2. In a pot, heat broth to boiling. Stir in quinoa, reduce heat to low and cook covered for 15-20 minutes until water is absorbed.
3. While quinoa is cooking, chop vegetables.
4. Remove quinoa from heat and let cool.
5. In a large bowl, mix cooked quinoa with lime juice and olive oil.
6. Add cucumber, tomato, onion, parsley, mint, and salt.
7. Chill for several hours before serving.

Notes

It is possible to make quinoa in a rice cooker. Stir it occasionally and be careful not to let the bottom overcook.