

# Quinoa Tabouli

Adapted from: Ceres Project

**Prep time:** 5-10 minutes

**Cook time:** 10 minutes

**Total time:** 15-20 minutes

**Serves:** 5



## Ingredients

### For the Tabouli:

- 1 ¼ cup quinoa, soaked for at least one hour and up to overnight
- ¼ cup halved grape tomatoes
- ¼ cup carrots, finely chopped
- ½ bunch green onions, minced
- ¼ cup finely chopped mint

½ cup finely chopped parsley

### For the Dressing:

- ⅓ cup EVOO
- ⅓ cup lemon juice
- ½ tsp. salt
- ⅛ tsp. all spice

## Instructions

1. Drain the quinoa and rinse well. Place it in a saucepan with about ½ cup of water and a pinch of salt. Bring to a simmer, cover and cook until the water is absorbed and the quinoa is tender (about 8 to 10 minutes). Turn out into a bowl and cool.
2. Whisk together the dressing ingredients. Taste and adjust with more lemon or olive oil as needed. Add the dressing to the quinoa and toss to coat the grains evenly.
3. When the quinoa is cool, add the remaining ingredients and toss well. Taste and adjust as needed with a bit more salt or lemon juice. Enjoy!