

## Quinoa Tabbouleh

Surprising Salads | May 2008



*Tabbouleh is usually made with bulgur wheat, but this variation uses the ancient grain quinoa (KEEN-wah), which is considered a complete protein because it contains all eight essential amino acids. Serve it as a main dish or a side-dish salad.*

PREP: 25 MINUTES   COOK: 25 MINUTES   COOL: 15 MINUTES   CHILL: UP TO 24 HOURS

- 6 TBSP. EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 2<sup>1</sup>/<sub>2</sub> CUPS UNCOOKED QUINOA
- 2 TSP. KOSHER SALT
- 1 CUP GOLDEN RAISINS
- 2 TSP. FINELY SHREDDED LEMON PEEL
- 3 TBSP. LEMON JUICE
- 1<sup>1</sup>/<sub>2</sub> TSP. GROUND CUMIN
- 1 CUP CHOPPED PARSLEY
- 1 CUP SNIPPED FRESH MINT
- 4 GREEN ONIONS, THINLY SLICED
- 3 PLUM TOMATOES, SEEDED AND FINELY CHOPPED
- 3 TBSP. UNSALTED DRY-ROASTED SUNFLOWER KERNELS

In a large saucepan heat 2 tablespoons of the olive oil over medium-high heat. Add the quinoa; cook and stir for 1 to 2 minutes or until quinoa is toasted. Stir in 1 cup water. Bring mixture to boiling. Reduce heat. Simmer, uncovered, for 2 minutes. Add 2<sup>1</sup>/<sub>2</sub> cups additional water and 1 teaspoon of the salt. Bring quinoa mixture to boiling; reduce heat and simmer, covered, for 25 minutes or until tender. Spread mixture on a baking sheet to cool.

Meanwhile, place raisins in a small bowl. Pour enough boiling water over the raisins to cover. Let stand for 10 minutes; drain and set aside.

In a large bowl whisk together the remaining 4 tablespoons olive oil, lemon peel, lemon juice, ground cumin, and remaining 1 teaspoon salt. Stir in the parsley, mint, and green onions. Stir in the quinoa. Fold in the tomatoes and raisins. Cover and chill for up to 24 hours, if desired. Fold in sunflower kernels just before serving. Season to taste with additional lemon juice as needed. Makes 5 servings (6<sup>1</sup>/<sub>2</sub> cups).

Per serving: 713 cal., 34 g total fat (4 g sat. fat), 0 mg chol., 800 mg sodium, 91 g carbo., 12 g dietary fiber, 18 g protein.