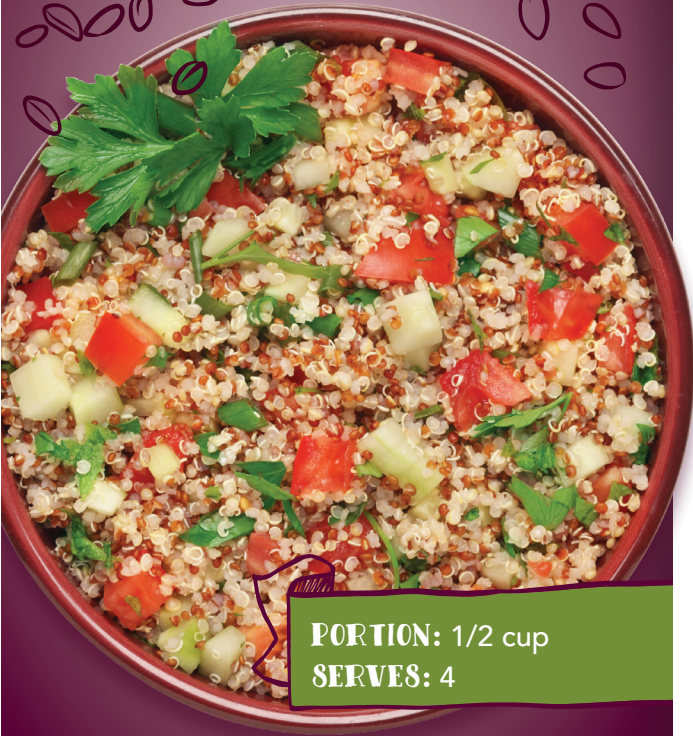


Quinoa

TABOULEH



PORTION: 1/2 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

<u>1 cup Quinoa</u>	<u>1 Tbsp, 1 1/2 tsp Lemon Juice, Fresh</u>
<u>2 cup Water</u>	<u>1/2 cup Green Onions, Thinly Sliced</u>
<u>1 ea Small Tomatoes, Fresh, Diced 1/4"</u>	<u>1/4 tsp Salt</u>
<u>1/2 cup Peeled Cucumbers, Seeded and Diced</u>	<u>1/4 tsp Fine Ground Black Pepper</u>
<u>1 cup Fresh Italian Parsley, Chopped</u>	<u>1/4 cup Canola Oil</u>
<u>2 Tbsp Fresh Mint Bunch, Chopped</u>	

METHOD

1. Place quinoa in a pot with water and bring to a boil; lower heat to simmer and cook until tender and outer ring is visible, about 15 - 20 minutes. Drain and chill.
2. Add the tomatoes, cucumber, parsley, mint, fresh lemon juice and scallions.
3. Fold in the olive oil to separate the grains. Season with salt and pepper.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
260	16g	1.5g	25g	6g	4g	130mg