

Quinoa Tabouli Salad

A refreshing, nourishing, and gluten free alternative to the traditional bulgur quinoa.

1 cup quinoa, rinsed well
1 1/2 cups broth or water
2 pinches of sea salt
Extra virgin olive oil-1/2 tsp and 4 Tbsp.
Juice of 1 fresh lemon
4 medium size to large tomatoes, chopped
1 bunch (about 6-8) green onions, thinly sliced
4 Persian cucumbers, organic chopped or 2 large cucumbers, peeled, chopped
2 stalks celery, chopped
1 bunch, about 1 cup, parsley, chopped
1/2 cup mint, chopped
½ tsp sea salt, ½ tsp black pepper or to taste
Optional: olives, feta

Instructions

In a strainer add quinoa and rinse well. Let drain.
In a sauce pan, add broth or water, pinch of salt. Bring to a boil.
Add the rinsed, strained quinoa, another pinch of salt, ½ tsp olive oil. Bring to a boil.
Reduce heat to a simmer. Cover. Simmer for 10 min exactly.
Turn off heat. Let cool while chopping veggies.
In a large bowl, add cooked quinoa.
Drizzle about 4 Tbsp. olive oil over the cooked quinoa. Mix.
Add the lemon juice. Mix.
Add the remaining ingredients: tomatoes, green onions, cucumbers, celery, parsley, mint.
Season with ½ tsp sea salt and ½ tsp black pepper or to taste. Mix.
Cover. Refrigerate overnight or for a few hours.
Serve.
Add more lemon juice and olive oil if desired.
Add feta & olives if desired.

Tips

This is a great, make ahead salad that will keep for 3-4 days in the refrigerator.

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Benefits

Quinoa is a “super seed” that is enjoyed as a “grain.” A perfect food if going gluten or grain free. High in protein (8 gm per cup), and high in fiber (5 gm per cup), quinoa was a sacred food of the Incas who believed it gave them exceptional stamina and strength. They called it the “mother of all grains.” The soluble fiber is a favorite food of the trillions of gut bacteria who break it down to make short chain fatty acids that not only feed colon cells but serve as cell signalers to keep all cells healthy and balanced.

Olive oil-heart friendly monounsaturated fat; high in oleuropein that protects LDL from getting damaged and squalene-anti cancer powerhouse. Choose high quality EVO in a dark glass bottle-unfiltered will be more nutritious.

Lemon-citrusy and refreshing, acidifies the stomach for better digestion yet alkalizes the body for better acid/base balance! Also bursting with immune boosting Vitamin C, bioflavonoids and liver cleansing limonene.

Tomatoes-You say Tomayto, I say Tomahto, however you say it-tomatoes are bursting with that famous carotenoid- lycopene-one of the most potent free radical scavengers on the planet that has been studied extensively for its anti-cancer actions.

Green onions are an excellent source of allergy fighting and cancer fighting quercetin. A lot less pungent than its yellow cousin, green onions add a slight amount of pungency that doesn't make you cry.

Cucumbers-Be cool as a cucumber when you enjoy these delights - not only do they rehydrate, they replenish vitamins and minerals and help with detoxification. Cukes are also a rich source of cucurbitacins which studies show-block cancer cell growth.

Celery-so full of fiber, but who knew-also full of a funky compound called apigenin, widely studied for arresting several cancer processes.

Parsley-another underappreciated super food that is so much more than decoration. Also high in that super cancer fighting flavonoid-apigenin.