Quinoa Tabbouleh

1 cup quinoa, rinsed

3 medium tomatoes, diced

1 English cucumber, diced

2 medium carrots, peeled

and grated

1 cup fresh chopped parsley

½ cup fresh chopped mint

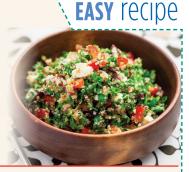
2 green onions, white parts only, chopped

1/4 cup extra-virgin olive oil 1/4 cup fresh lemon juice

1 clove garlic, finely minced

½ tsp salt

Pinch pepper



In a medium pot, combine quinoa with 2 cups water. Bring to a boil. Reduce heat and simmer for 15 minutes or until water is absorbed. Fluff with a fork and set aside. In a large bowl, combine tomatoes, cucumber, carrots, parsley, mint and onions. Add quinoa to vegetables and mix well. In a small bowl, whisk together olive oil, lemon juice, garlic, salt and pepper. Pour dressing over quinoa and toss to combine. Serve with lemon wedges.

Makes 6 servings. Per serving: