

## ***RED QUINOA “TABBOULEH”***

*(slightly modified from [The New York Times](#))*

1 cup red quinoa (or a mixture of colors)  
3 cups water  
Salt to taste  
½ cup fresh lemon juice  
½ teaspoon ground cumin  
¼ cup extra virgin olive oil  
1 cup finely chopped flat-leaf parsley  
¼ cup finely chopped fresh mint  
1 red bell pepper, chopped  
1 cup finely diced cucumber  
1 pound ripe tomatoes, cut in small dice

Rinse the quinoa thoroughly, and combine with the water and salt to taste in a large saucepan. Bring to a boil, cover and reduce the heat to low. Simmer 15 to 20 minutes until the quinoa displays a little white spiral. Drain through a strainer, tap to remove excess water, then return the quinoa to the pot. Place a dish towel over the top of the pot, and return the lid. Let sit for 15 minutes. This gives the quinoa a perfect texture.

Transfer the quinoa to a large bowl. Mix together the lemon juice, salt to taste and cumin, and toss half of it with the quinoa. Allow the quinoa to cool. Combine the remaining lemon juice and olive oil, and toss with the cooled quinoa. Add the remaining ingredients, and toss together. Taste and adjust seasoning.