



The Good For You Gourmet Chef Laura presents

## Quinoa Tabbouleh

Quinoa, (keen-wa), is an ancient grain, and a complete protein, and delicious as a whole grain base for tabbouleh salad.

Find it at your local Lifestyle Market: [www.lifestylemarket.com](http://www.lifestylemarket.com)

**Quinoa Tabbouleh**, booth sample at Organic Islands Festival, 2009

**1 1/2 cups Quinoa, dry      2 liters Water, filtered**

Measure the Quinoa grains, then pour into a large bowl. Cover with one liter of filtered water and set aside. Allow soaking for 30 minutes minimum, up to 2 hours at room temperature. Any longer, and the quinoa must be put into the fridge during soaking, especially during hot weather. Swish the water around with a spoon several times during soaking to ensure even soaking time of all grains. After soaking for at least half an hour, pour quinoa through a fine mesh colander to drain.

Bring a liter of purified water to a boil in a medium size pot. Once water boils, stir in soaked, drained quinoa, let boil for one minute, then lower heat to simmer for five more minutes. Remove from heat, cover with a lid and let stand at room temperature for 10 minutes to finish cooking. Use a fine mesh sieve to drain well. Grains need to be chilled before making salad: cool by turning out onto a large cookie sheet and placing into fridge or freezer until evenly chilled.

### **Dressing:**

**1/2 cup Lemon Juice                      1/2 cup Extra Virgin Olive Oil      2 Tbs. Spike**  
**1 Tbs. Lemon Pepper                    2-3 Tbs. Engevita or Nutritional Yeast**  
**1/2 cup Mint leaves, chopped      1/2 cup Parsley, stems removed & chopped**

Measure the lemon juice and olive oil into a blender: add all remaining ingredients and puree until smooth, 10-12 seconds. Use a broad spatula to fold dressing into cooked and cooled grains. Store in refrigerator until ready to toss with prepared veggies and serve.

**4 med. Tomatoes, cored and diced   1 large English Cuke, chopped**  
**Six Green Onions, diced**

Prepare tomato and cucumber by chopping into bite-size pieces, then store in a separate container until ready to toss together with dressed grains just before serving.

To learn more about The Good For You Gourmet whole foods personal chef and catering service, visit: [www.gfyg.ca](http://www.gfyg.ca), or call 250.721.5961.

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