

# Quinoa Tabbouleh

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*Approximately 4-6 servings*

## INGREDIENTS

2 cups quinoa  
1 quart vegetable stock  
3/4 cups diced cucumber  
1 cup diced fresh tomatoes  
1/2 cups diced red onion  
1/4 cup chopped parsley  
1/4 cup chopped mint  
1 tsp. lemon zest  
3/4 cups olive oil  
1/4 cups lemon juice  
½ Tbsp. kosher salt  
1/4 tsp. white pepper

## PREPARATION

### To prepare quinoa:

Soak quinoa for 1 hour; rinse well and drain several times. In a medium-sized pot, cook quinoa in vegetable stock over medium heat, 20–25 minutes, until the stock is absorbed and the grains are tender and fluffy. Set aside and cover for 10 minutes, then set in refrigerator to cool.

### Step 1

While the quinoa is cooking, dice the cucumber, fresh tomatoes (seeds removed), and onions.

### Step 2

Chop mint and parsley.

### Step 3: Dressing

Zest lemons

### Step 4

Add all ingredients, including olive oil and lemon juice, to the cooled quinoa.