

A Sutherland Belle

Quinoa Tabbouleh

INGREDIENTS

- 1 cup quinoa, rinsed well
- 2 cups vegetable stock
- 2 large English hothouse cucumbers or 4 Persian cucumbers, cut into 1/4-inch pieces (remove seeds)
- 4 large Roma tomatoes or 1-pint cherry tomatoes, quartered or halved
- 2 cups parsley, finely chopped
- 5 scallions, finely chopped
- 3 cloves garlic, minced
- 1 small shallot, minced
- 1 lemon, zested and juiced
- 1/2 cup extra-virgin olive oil
- 1/2 cup red wine vinegar
- kosher salt and cracked black pepper to taste

INSTRUCTIONS

1. Cut tomatoes and cucumbers (seeds removed) and place them on a paper towel. Cover with salt to remove moisture for 10 minutes. Rinse with water and let dry.
2. Bring quinoa, 1/2 tsp. salt, and vegetable stock to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender about 10-15 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.
3. Meanwhile, whisk lemon zest, juice, garlic, shallot, and red wine vinegar in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.
4. Add cucumber, tomatoes, parsley, and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper. Drizzle the remaining dressing over.