

## Recipe – Quinoa Tabbouleh

### Ingredients:

- 1 package of quinoa, two cups
- 4 cups of water
- 1 TBS fat of choice (olive oil, butter, coconut fat)
- pinch of salt
- 1 bunch parsley, chopped
- 3 tomatoes, diced
- 1 cucumber, diced
- 4 stalks celery, diced
- ½ red onion, diced small
- ¼ cup olive oil
- ½ teaspoon sea salt
- ¼ cup fresh squeezed lemon juice

### Directions:

Cook the quinoa according to the package directions with a pinch of salt and 1TBS fat of choice. Fluff it up and set aside to cool.

Prepare the vegetables and combine with the warm quinoa and dressing.

Serve at room temperature.

### Dressing

Whisk together the oil, salt and lemon juice.

Serves 10 to 12 as a side dish.