

## Quinoa Tabbouli

If you are craving tabbouli but don't have time for all of the chopping this is a great alternative! This quinoa tabbouli salad involves less time in the kitchen and is more filling because the main ingredient is quinoa. The cucumbers give this subtly sour and lightly spiced salad a nice crunch while the grape tomatoes add a burst of sweetness in every bite!

### Ingredients

6 cups cooked quinoa  
1 cup scallions, green and white parts, finely chopped (about 1 bunch)  
1 cup Persian cucumber, finely diced (about 1-2 cucumbers)  
2 cups firm grape tomatoes, halved  
2 cups packed finely chopped curly parsley (about 2 bunches)  
4 tablespoons packed finely chopped fresh mint  
2 tablespoons red jalapenos, seeded and finely minced (about 2 peppers)  
1 ½ teaspoons salt  
½ teaspoon ground cayenne pepper  
1 teaspoon sumac  
½ cup extra virgin olive oil  
1 tablespoon white wine vinegar  
½ cup fresh lemon juice (about 3 lemons)

### Preparation

Combine scallions, cucumbers, tomatoes, jalapenos, parsley and mint in a large bowl. Add quinoa, salt, cayenne pepper, sumac, olive oil, white wine vinegar, lemon juice, olive oil and gently toss.

Makes 4-6 Servings

\* 1 ½ cups uncooked quinoa yields to about 6 cups cooked

\*Green jalapenos may be used in place of red jalapenos. Red jalapenos are simply green jalapenos that have ripened to a red color from more time in the sun and also tend to be spicier.