



Quinoa Tabbouleh with Feta

Neita shared this delicious recipe at our Summertime and the Herbin' is Easy workshop at Missouri Botanical Garden on July 16, 2016.

1 c quinoa	1 c chopped fresh mint leaves
Kosher salt	1 c chopped fresh flat leaf parsley
freshly ground black pepper	1 cucumber, unpeeled, seeded, diced
¼ c freshly squeezed lemon juice	2 c cherry tomatoes, halved
¼ c olive oil	2 c medium diced feta

Bring 2 cups water to boil in medium saucepan.

Add quinoa and 1 teaspoon salt, lower heat, and simmer covered for 15 minutes, until grains are tender.

Drain, place in bowl, and add lemon juice, oil, and 1½ teaspoons salt.

In large bowl, combine scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and 1 teaspoon pepper.

Add quinoa and mix well.

Fold in feta and taste for seasoning.

Serve at room temperature or refrigerate and serve cold.

Make ahead:

Prepare salad without feta, cover, and refrigerate for up to 4 days.

Fold in feta and serve.