

Tabouli

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| Equipment: Sharp knives 2 chopping boards Large bowl Measuring cup Measuring spoons | Ingredients: 1/3 cup cous cous or quinoa (GF) 2 large tomatoes, finely chopped 1/4 cup lemon juice 4 cups finely chopped fresh flat-leaf parsley leaves 1 cup finely chopped fresh mint leaves 4 green onions, very thinly sliced 1/4 cup olive oil |
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What to do:

1. If you are using quinoa and not cous cous, prepare as directed on the packet.
2. Place cous cous or prepared quinoa, tomato and lemon juice in a bowl. Stand covered for 30 minutes or until the cous cous/quinoa has absorbed the excess liquid (you may not have the luxury of 30 minutes in a cooking class).
3. Add parsley, mint, onion and oil to cous cous/quinoa mixture. Stir gently to combine. Take care to not stir too vigorously or the cous cous will become mushy. Serve and enjoy.