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Quinoa or Amaranth Tabouli

Tabouli, a mid-eastern salad normally made with bulgur wheat, makes light, refreshing, warm weather fare. Try it with quinoa or amaranth for a delightful new taste.

- 1 cup quinoa or amaranth
- 1 cup parsley, chopped
- 1/2 cup scallions, chopped
- 2 tbsp fresh mint
- 1/2 cup lemon juice
- 1/4 cup olive oil
- 2 garlic cloves, pressed
- 1/4 cup olives, sliced
- lettuce leaves, whole

Simmer quinoa or amaranth in an equal volume of water for 12-15 minutes. Allow to cool. Place all ingredients except lettuce and olives in a mixing bowl and toss together lightly. Chill for an hour or more to allow flavors to blend. Wash and dry lettuce leaves and use them to line a salad bowl. Add tabouli and garnish with olives. Serves 4.