

CHEF AT THE MARKET

Chef: Katie Bullock, Grilla Bites

1427 Market Street, Redding, CA (530)242-6656

Quinoa Tabouli

3 ½ cups water

1 tsp salt

3 cups quinoa

2 cups chopped parsley

1 cup chopped green onion

1 cup chopped red onion

2 Tbsp chopped mint

1 Tbsp + 2 tsp ground cumin

2 tsp ground coriander

1 tsp ground cinnamon

1 tsp salt

1 Tbsp granulated garlic (or 1 Tbsp fresh, minced garlic)

1 cup lemon juice

½ cup olive oil

Put water and salt into a large pot and bring to a boil. Add quinoa, reduce heat to a simmer, cover, and simmer 15 minutes. Remove quinoa from pot, place in mixing bowl and allow to cool in refrigerator. Add remaining ingredients to cold quinoa and mix well.

Makes 12 - 1 cup servings.



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