

**QUINOA**

Quinoa a super versatile grain and a good source of protein. It is super easy to cook as well. You use a similar method to cooking rice. I use 1 cup dry which also yields about 3 - 4 cups cooked.

1. Use a big enough pot to hold 4 cups of cooked quinoa.

2. Measure out 1 cup of quinoa into a small mesh strainer and rinse under cold water.

3. Put the rinsed quinoa in the pot with 2 cups of filtered water.

4. Bring the pot up to boil, turn down the heat to low and cover immediately.

5. Let cook for 20 minutes. Try not to peek.

6. Remove from heat, fluff with a fork and let stand for 5 minutes with the lid on.

7. Remove the lid and let it cool completely. Once it is cooled you can transfer the quinoa into the 4-cup glass storage container and store in the fridge.

8. I have planned for you to make the Quinoa Tabouleh for Sunday. That’s when you have your cutting board and citrus juicer hard at work but you could make it on the same day if you wish.

**TABOULEH**

This is the dish that I add to my breakfast salad which gives me some satiating starch.

**Ingredients**

· 3-4 cups cooked quinoa

· 1 small can chickpeas (garbanzo beans) or 2 cups cooked

· 1 medium tomato, jelly and seeds removed, finely diced

· ¼ medium red onion, finely diced

· 1 cup parsley, finely chopped

· 2 lemons, juiced

Combine all the ingredients in a large bowl with a lid and store in the fridge.