

Quinoa or Amaranth Tabouli

INGREDIENTS:

1 cup quinoa or amaranth
1 cup parsley, chopped
½ cup scallions, chopped
2 tbsp. fresh mint
½ cup lemon juice
¼ cup olive oil
2 garlic cloves, pressed
¼ cup olives, sliced
Lettuce leaves, whole

PREPARATION:

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.

<http://www.saltspringseeds.com/recipe/powerfoods.htm>

NOTES FROM THE COOK: