

Quinoa Tabbouleh

1 cup water
½ cup quinoa
2 cups seeded and diced ripe tomatoes
1 cup diced cucumber
1 cup finely chopped fresh parsley
¼ cup finely chopped fresh mint
¼ cup thinly sliced green onion
1/3 cup olive oil
1/3 cup fresh lemon juice
½ tsp salt
½ tsp minced fresh garlic
¼ tsp ground cinnamon

Bring the water and quinoa to a boil in a medium saucepan. Cover, reduce to a simmer and cook for 10 minutes. Turn the heat off and leave the covered saucepan on the burner for another 4 minutes. Fluff with a fork and allow to cool. Mix the tomatoes, cucumber, parsley, mint, green onion and quinoa together in a large bowl.

Combine the oil, lemon juice, salt, garlic and cinnamon in a small bowl. Mix well and add to the tomato and cucumber mixture. For the best flavor, let the salad sit for 30 minutes at room temperature before serving. Refrigerate leftovers for up to 3 days.