

Amaranth or Quinoa Tabouli Salad



SparkRecipes: Submitted by CHUCKLES0719

Introduction

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.

Minutes to Prepare: 5

Minutes to Cook: 15

Number of Servings: 6

Ingredients

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

2 oz. (1/4 cup) Kalamata Olives (or black olives), pitted & sliced

6 lettuce leaves, whole

Directions

1) Simmer 1 cup quinoa or amaranth in 1 cup of water for 12-15 minutes. Allow to cool.

2) 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.

3) Wash and dry lettuce leaves and use them to line a [salad bowl](#) or plate. Add Tabouli and garnish with olives. Serves 6