

Quinoa or Amaranth Tabouli Salad



By 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. 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, 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

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