

Gluten Free Quinoa Tabouleh

1 cup quinoa grain

1 ½ tsp celtic grey salt

1 ¾ cups water

Vegetables

2 cups finely chopper parsley or cilantro

1 cup green onions chopped

Fresh basil or mint chopped

1 cup sliced cherry tomatoes roasted for 12 minutes (optional)

Dressing:

½ cup virgin olive oil

¼ cup lemon juice

2 cloves of garlic crushed or chopped

Bring the quinoa to a boil in water and salt then simmer on low heat for 20-25 minutes. Keep an eye on it to prevent it from drying. Cool.

Combine ingredients for the dressing. Mix vegetables with quinoa and add dressing and salt and pepper to taste. Stir well.

This keeps in the fridge for several days and the flavour improves.