



## *The Edible Garden*

Recipe featured at the Whole Foods Market Fridays demonstration  
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### **Red Quinoa and Cucumber Tabbouleh**

By: Whole Foods Market

A traditional mountain dish from Lebanon, tabbouleh is typically served with bulgur and translates to “little spicy.” Use this dish as a basis to experiment with other whole grains like buckwheat and barley.

*Serves 4*

#### **Ingredients**

2 cups red quinoa  
4 cups water  
3 tomatoes, cored and chopped  
2 cucumbers, diced  
8 ounces pitted kalamata olives, chopped  
4 cloves garlic, peeled and finely chopped  
2 tablespoons fresh parsley  
2 tablespoons fresh mint  
2 teaspoons black pepper  
Sea salt to taste (optional)  
Lemon zest (optional)

#### **Instructions**

1. In a saucepot, bring 4 cups water to a boil; add red quinoa. Reduce to a simmer. Cook uncovered 10-12 minutes, or until water is evaporated. Let cool; fluff with a fork.
2. In bowl, combine cook red quinoa, diced vegetables, parsley, mint, and black pepper.
3. Season with sea salt and lemon zest to taste, if desired.