## Quinoa Tabbouleh

Quinoa (KEEN-wah) is well on its way to being dubbed supergrain of the millennium. High in fiber and a high-quality protein similar to that found in meat, this [grain](http://www.myrecipes.com/rice-recipes/)—a diet staple of the ancient Incas—cooks up like rice and has a mild flavor similar to couscous. Quinoa can be found in health-food stores and many supermarkets.

* **Yield:** 5 servings (serving size: 1 cup)

[Cooking Light](http://www.cookinglight.com/)

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### Ingredients

* 1 3/4 cups water
* 1 cup uncooked quinoa
* 1/2 cup coarsely chopped seeded tomato
* 1/2 cup chopped fresh mint or parsley
* 1/4 cup raisins
* 1/4 cup chopped cucumber
* 1/4 cup fresh lemon juice
* 2 tablespoons chopped green onions
* 1 tablespoon extra-virgin olive oil
* 2 teaspoons minced fresh onion
* 1/2 teaspoon salt
* 1/4 teaspoon freshly ground black pepper

### Preparation

Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients. Cover; let stand 1 hour. Serve chilled or at room temperature.

#### Nutritional Information

**Amount per serving**

* Calories 182
* Caloriesfromfat 24 %
* Fat 4.8 g
* Satfat 0.6 g
* Monofat 2.5 g
* Polyfat 1.1 g
* Protein 5 g
* Carbohydrate 31.6 g
* Fiber 5.3 g
* Cholesterol 0.0 mg
* Iron 3.5 mg
* Sodium 259 mg
* Calcium 31 mg