



## Red Quinoa Tabouli



Tabouli is a Middle Eastern dish traditionally made with bulgur wheat. This twist features quinoa instead, packing in protein and vitamins. This recipe comes to us from our friend Stefanie Sacks and appears in her new book, [What the Fork are You Eating?](#)

### Instructions:

**Kid:** Measure 1 cup red quinoa. Combine the quinoa and water in a medium pot.

**Together:** Cover and bring to a boil over medium heat; reduce to a simmer and cook until the water is absorbed and the grain is fluffy, 8 to 10 minutes.

**Together:** Slice and dice grape tomatoes, seedless cucumber, scallions, parsley, and garlic cloves.

**Kid:** Combine the tomatoes, cucumber, scallions, parsley, and garlic in a large bowl. When the quinoa is finished, add it to the vegetable mixture and toss.

**Together:** Finish by adding the dressing ingredients directly to the same bowl and mixing well.

\*This recipe can be stored in the fridge for up to three days

### Ingredients: (serves 4)

#### For Tabouli:

- 1 cup red quinoa
- 1 1/2 cups water
- 1/2 pint grape tomatoes, quartered
- 1/2 seedless cucumber, small dice
- 2 large scallions, thinly sliced
- 2 cups flat-leaf parsley, stems removed, loosely packed, roughly chopped
- 2 garlic cloves, minced

#### For dressing:

- 1/4 cup extra virgin olive oil
- 1/4 cup fresh lemon juice
- 1/2 teaspoon salt

## Food For Thought!



Parsley is an herb commonly used in Middle Eastern cooking. Due its light scent and fresh taste, parsley is used in dishes like tabouli, soups and hummus. The herb is widely recognized for its role as a garnish, but it's also rich in vitamins A, C, K and iron. Some research suggests that parsley may even help keep your immune system healthy!

## Cooking Tip of the Week

Toasting quinoa before cooking will create another layer of flavor. Just add the quinoa to a sauté pan and drizzle with a little bit of a neutral oil, such as canola, stirring until golden brown. Let your nose be your guide!

## Conversation Starter

A dancing style known as oriental dance is a big part of Middle Eastern culture.  
What type of dancing do you like?



"Start your week off right: Make Monday family night!"  
Visit **TheKidsCookMonday.org** to receive  
the Family Dinner Date each week in your inbox!