



1 cup quinoa

2 cups water

Salt

- Wash the quinoa very well. Place in a pot. Add the water and salt.
- Bring to a boil. Reduce heat, cover and steam for 15 minutes.
- Quinoa will be cooked when it is translucent and has a visible germ ring.
- Fluff with a fork. Set aside and cool completely.

6 chopped scallions – whites, light green and dark green

2 large tomatoes - chopped

1 cup chopped parsley

¼ cup chopped mint

½ a cucumber – peeled, seeded and chopped

Olive oil

Lemon juice

Salt

- Place the cold quinoa in a large bowl.
- Add the scallions, parsley, tomatoes, parsley, mint and cucumber.
- Mix well.
- Season with olive oil, salt and lemon juice to taste.
- Serve on a bed of lettuce so everyone can make a lettuce wrap.
- Enjoy!

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