

Sprouted Quinoa Tabbouleh



Raw food in the summer ? It just has so much going for it at that time of year: it has a high water content, it's refreshing, and you don't have to heat up the house making it. It just so happens that most of the foods that ripen in the summer are at their best when raw; think of tomatoes with just a sprinkling of salt, cucumbers with a light vinaigrette, bell peppers with...anything, really. This tabbouleh is a favorite summer dish for many people, packed with all that cooling goodness.

Tabbouleh is a traditional Lebanese dish that uses bulgur (cracked wheat) as a base. Sprouted quinoa has a texture quite close to bulgur, but it's gluten-free and has a much improved nutritional profile. Quinoa is an ancient pseudo-grain that is one of the easiest and fastest seeds to sprout; you don't necessarily have to bother draining and rinsing, because more than 12 hours will encourage germination whether it's sitting in water or not.

Parsley is the most essential flavor in tabbouleh, so don't skimp on it. It's also important to use fresh lemon juice, not bottled, as the flavor should be bright instead of dank. And use your best-quality olive oil for this dish. In fact, all of your ingredients should be at their peak of flavor. There are no corrective cooking methods here, so an inferior tomato or rancid olive oil is really going to be overwhelming.



This salad is delicious wrapped in lettuce leaves; an egg on the side, what could be more enjoyable ? . This is food for the soul! You could also try it packed into pita with some crumbled feta instead of an egg .

Sprouted Quinoa Tabbouleh

2 c. quinoa, rinsed in a fine-mesh strainer
1 bunch of parsley, minced
1 bunch of scallions,(or spring onions) sliced thinly
a handful of fresh peppermint, minced
2 truly ripe tomatoes, diced
1 cucumber, diced
5 T. best-quality cold pressed olive oil
juice of 2 fresh lemons
pinch of cinnamon and allspice
unrefined salt and black pepper, to taste

Combine the quinoa with 6 cups of water.

Let stand for 6 hours.

Rinse the quinoa and let it sprout on a damp paper towel or in a sprouting jar for up to 12 hours. (let the seeds soak overnight, then rinse them in the morning.

By dinnertime they're fully sprouted and ready to use.)

Gently rinse the sprouts once more, then place them in a large bowl.

In another bowl, combine the parsley, mint, scallions, cucumber, and tomato.

Toss with the oil and lemon juice.

Add the cinnamon and allspice and season to taste with salt and pepper.

Fold this combination into the quinoa.

Taste and adjust the seasonings as needed.

Enjoy!