



Quinoa Tabbouleh

1 cup (6 oz./185 g.) quinoa, preferably multi-color

Salt and freshly ground pepper

1 lb. (500 g.) cherry tomatoes, preferably heirloom, halved

1 can (15 oz./470 g.) chickpeas, rinsed and well drained

6 radishes, chopped

3 Persian cucumbers, trimmed, quartered lengthwise, and cut into 1/2-inch (12-mm.) pieces

4 green onions, chopped

3/4 cup (1 oz./30 g.) chopped fresh flat-leaf parsley

3 tbs. minced fresh mint

1/2 cup (2 1/2 oz./75 g.) crumbled feta cheese (optional)

1/4 cup (2 fl. oz./60 ml.) extra-virgin olive oil

1/4 cup (2 fl. oz./60 ml.) fresh lemon juice

Romaine lettuce hearts

Place the quinoa in a medium saucepan. Rinse with cold water, drain; Repeat rinsing 3 more times, and then drain the quinoa and return to the pan. Add 1 1/2 cups (12 fl. oz./375 ml.) water and a pinch of salt and bring to a boil. Reduce the heat to low, cover, and simmer until all the water is absorbed, about 15 minutes. Turn off the heat and let stand at least 5 minutes. Fluff with a fork. Transfer the quinoa to a large shallow bowl and cool to room temperature. (Refrigerate to speed up the cooling.

Quinoa Tabbouleh

Meanwhile, in a medium bowl, combine the tomatoes, chickpeas, radishes, cucumbers, green onions, parsley, mint and feta, if using. Add to the cooled quinoa. Add the oil and lemon juice and toss to combine evenly. Season to taste with salt and pepper. Serve with romaine lettuce hearts for scooping. Serves 4.

WILLIAMS
SONOMA
CALIFORNIA



Find more Recipes Of The Week on Instagram @williamssonomamena. To learn how to cook this and other delicious recipes, contact our store to book a public or private cooking class at 2228 3101.