



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Quinoa Tabbouleh (adapted from Bookcook via the kitchn)

Makes 3-4 main course servings

Some things: I didn't quite follow this method to mellow the bite of the onions, and my method did not work. The leftovers were particularly intense. Soak the onion in water! You may want to add the garlic too, although I have no evidence that this method would work for garlic. It just seems like it could.

The original recipe includes mint, but I don't usually like mint with savory food. It also called for olive oil, and I intended to add it, but after tasting the salad, the oil didn't seem necessary. And less oil in dinner means more cookies for dessert.

The standard directions for cooking quinoa seem to be 1 cup quinoa to 2 cups water, so I've left that as it was in the original recipe. But I'm suspicious: my pot had a lot of water left in it at the end of cooking that had to be drained off. Next time I'm trying 1½ cups water for 1 cup quinoa.

I know traditional tabbouleh is more parsley than grain, but it's also more side dish than main, which wasn't what I was going for.

1 cup dry quinoa
2 cups water
½ teaspoon salt
½ red onion, diced fine
2 cloves garlic, minced
1 cup cherry tomatoes, halved
1 cucumber, quartered lengthwise and sliced ¼-inch thick
1 bunch parsley (about 2 cups), minced
8 ounces feta, crumbled
2 tablespoons fresh lemon juice

1. Rinse the quinoa well under cold water. Put it in a medium saucepan with 2 cups of water and ½ teaspoon salt. Bring the water to a boil over high heat, then reduce the heat to low and cook, covered, for 20 minutes. Transfer the cooked quinoa to a large bowl to cool slightly.

2. Meanwhile, in a small bowl, cover the diced onion and a pinch of salt with water. Let the onion soak while you prepare the other ingredients.

3. Drain the onions; add them to the bowl along with the garlic, tomatoes, cucumber, parsley, and feta; stir to combine. Add the lemon juice and toss to coat. Taste for seasoning (more salt? more lemon juice?) and serve.