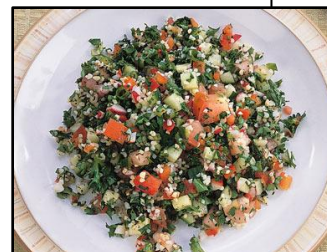


# Quinoa Tabbouleh

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1 cup quinoa, well rinsed and drained  
2 cups water  
Sea Salt  
½ cup edamame, frozen  
1 fresh tomato, chopped  
½ cucumber, unpeeled, chopped  
1 Tbsp fresh lime juice  
1 tbsp fresh lemon juice  
1 Tbsp low-sodium soy sauce  
Fresh chives, mined  
Fresh parsley, minced  
Fresh thyme, minced

Calories: 213  
Protein: 10g  
Carbs: 34g  
Fiber: 4g  
Sugar: .75g  
Fat: 4.5g  
Sodium: 165mg



1. Remember to rinse the quinoa well before using. Combine quinoa with water and salt in a medium saucepan. Bring to a boil and then reduce. Let simmer for 20 minutes.
2. Remove from heat. Place edamame on top of quinoa and let sit for 5 minutes. Fluff with a fork. Put all ingredients in a glass serving bowl and toss. Add herbs, citrus juices and soy sauce and toss again.