

Quinoa Tabbouleh Salad

* recipe from Gluten- Free, Sugar- Free Cooking

1 cup quinoa
2 cup vegetable broth
½ cup carrots, chopped
1 stalk celery, chopped
1 cup diced tomatoes
1 cup diced cucumber
½ cup red pepper, chopped
1 cup parsley, chopped

Dressing:

¼ cup lemon juice
2 Tbsp. olive oil
1-2 Tbsp. minced garlic
Salt and pepper, to taste

Prepare salad dressing by mixing together lemon juice, olive oil and garlic.

Rinse the quinoa well and place in a saucepan. Add vegetable broth and bring to boil, then reduce heat and cook until broth has been absorbed. Turn off heat, and allow to cool.

Combine the vegetables in a large salad bowl, and add the quinoa and parsley. Pour the dressing over the ingredients and toss well.

Season with salt and pepper.

Benefits:

- quinoa is an alternative grain that contains all the essential amino acids, making it a complete protein source, excellent for vegetarians.
- garlic has antiviral, antibacterial and antifungal properties, helps support a strong immune system and aids with blood pressure and cholesterol
- olive oil is a “heart healthy oil” high in omega- 9 essential fatty acid, which supports the cardiovascular system, decreases inflammation and supports the immune system
- parsley is a green leafy vegetable high in chlorophyll, which purifies the bloodstream and cleanses the liver, kidney and urinary tract, calms the digestive system and moves the bowel
- lemon juice aids the digestive process and stimulates the liver to clear toxins and waste
- carrots are very alkalizing and a strong antioxidant; high in beta- carotene for eye health, immune system and cancer prevention
- celery is an excellent source of fibre and electrolytes
- tomatoes contain lycopene which is a high source of antioxidants and has anti-cancer properties
- cucumbers contain silica which is an essential component of healthy connective tissue, which includes muscles, tendons, ligaments, cartilage, and bone; cucumber juice helps improve the complexion and health of the skin, and cucumber's high water content makes it naturally hydrating
- peppers contain more vitamin C than citrus fruits and are also high in vitamin A, both strong antioxidants and anti-cancer