

# Quinoa Parsley Tabouli

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While I'm normally a pretty big tabouli fan, when I was sick from mold, I became a fanatic.

It turns out, parsley is a rich source of apigenin - a bioflavonoid that has strong anti-inflammatory powers, especially for the brain and to calm feelings of anxiousness.

Simply put, tabouli became my "chill food."

Parsley is also one of the few leafy greens that's low in oxalates, and it helps the kidneys clear mycotoxins. Use Italian or flat-leaf parsley, not curly. The curly is high in oxalates.

Tabouli is usually made with bulgar wheat, but I like to use the higher-protein grain quinoa. However, if you're still having trouble with grains, simply omit the quinoa. It's just as tasty!

## SUPPLIES

Large sauce pan	Juicer
Cutting board	Large mixing bowl
Chopping knife	Large spoon
Measuring cups and spoons	

## INGREDIENTS

1/2 cup uncooked quinoa (optional)	1 tomato	1/4 cup olive oil
1/4 cup lemon juice (fresh is best)	2 cloves garlic	1 teaspoon sea salt
1/2 medium cucumber	1 carrot, shredded	2 Tbsp dried mint
1 small red bell pepper	8-10 kalamata olives, sliced	
1/4 cup scallions or leeks, chopped	1 large bunch parsley (Italian or flat-leaf)	

## DIRECTIONS

1. In large sauce pan, bring 1 cup of water to a boil.
2. Add quinoa to boiling water, turn heat down to a simmer, cover and cook for 25-30 minutes. Remove from heat and cool.
3. Chop veggies.
4. Juice lemons, or use lemon juice (or a mix of fresh squeezed and bottled) into mixing bowl.
5. Add the olive oil, chopped garlic, dried mint and salt to the lemon juice. Mix thoroughly and let sit 5 minutes to rehydrate the mint.
6. Fold in chopped veggies to lemon juice-oil mixture.
7. Add cooled quinoa and mix well.
8. Serve immediately or store in refrigerator for up to 4 days.