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***Quinoa Tabbouleh Salad***

***with Za’atar & Sumac***

By Debbie Kornberg

This protein based dish is an excellent for meal prepping for the week. It will keep in the refrigerator for a good 5 days.

**Ingredients:**

1 cup Quinoa, uncooked

2 cups Water

2 Lemons

2 Tbsp. + 1 – 2 Tbsp. [**SPICE + LEAF Premium Galili Olive Oil**](https://www.amazon.com/stores/node/20435793011?_encoding=UTF8&field-lbr_brands_browse-bin=SPICE%20%2B%20LEAF&ref_=bl_dp_s_web_20435793011)

4 – 5 Green onions, diced small

1 English Cucumber, diced small (or 3 – 4 Persian cucumbers)

20 Cherry tomatoes, diced, small

3 cups + 1 Tbsp. Italian Parsley, flat leaf, chopped finely

1/2 cup Mint, chopped finely

1 – 2 tsp. [**SPICE + LEAF Authentic Za’atar**](https://www.amazon.com/stores/node/20435793011?_encoding=UTF8&field-lbr_brands_browse-bin=SPICE%20%2B%20LEAF&ref_=bl_dp_s_web_20435793011)

1/2 tsp. + 1 tsp.[**SPICE + LEAF Sumac**](https://www.amazon.com/stores/node/20435793011?_encoding=UTF8&field-lbr_brands_browse-bin=SPICE%20%2B%20LEAF&ref_=bl_dp_s_web_20435793011)

1/3 cup Feta cheese

Salt

**Instructions:**

1. Using a pot, bring 2 cups of water to a boil.
2. Add 1/2 tsp. sumac to boiling water. Mix well.
3. Add 1 cup quinoa to pot. Mix in and cover pot.
4. Cook on simmer for 15 minutes. After 15 minutes, turn off oven but do not open lid of pot and let sit for an additional 12 minutes.
5. Once quinoa is done, add olive oil and blend well. Set aside for quinoa to cool for 10 – 15 minutes. May want to place quinoa on a baking sheet so it can cool faster.
6. Fluff quinoa. Add lemon juice and mix into quinoa. Add tomatoes, cucumbers, parsley and mint. Mix well and add 1 tsp. za’atar, 1 tsp. sumac and salt to taste. Add more olive oil if needed.
7. Sprinkle Feta cheese on top and gently mix into salad.