

Food Therapy

NEWSTALK

610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

"One of my favorite recipes is Quinoa Tabouli. It has the subtle flavors of lemon and herbs and is coupled with the bite of red onion. I choose tomato and cucumber as the go-to vegetables, but you could finely chop zucchini and summer squash or red and yellow peppers for a different taste."

Peg Doyle

Quinoa Tabouli

1 cup uncooked quinoa, rinsed and drained
2 cups water
1/2 teaspoon sea salt and more to taste
2 lemons, juiced
4 tablespoons extra virgin olive oil
2 cloves garlic, minced
1/2 cup Italian parsley leaves, chopped
2 sprigs of mint leaves, chopped
or 1/2 teaspoon dry mint
1 large ripe tomato, chopped
1 medium cucumber, chopped
finely. Peel if skin is bitter.
1/2 cup red onion, minced
Freshly ground black pepper to taste

Bring the quinoa, water and salt to a boil in a heavy saucepan. Cover and turn to lowest heat. Cook undisturbed for 15 minutes or until water is absorbed. Remove from heat and let quinoa steam for 5 more minutes. Fluff it with a fork. Transfer the hot quinoa into the bowl.

In a bowl combine the rest of the ingredients and season with salt and pepper. Gently mix the quinoa into the vegetables. Chill for 30 minutes. Be sure to use fresh lemons. The fresh lemon is what makes this dish so flavorful. Serves 4.



Recipe + photo courtesy of Peg Doyle
Wellnessandyou.com

Episode: Healthy Eating with Peg Doyle

Email Lynn with questions or comments at
lynnogryzlo@gmail.com

Peg Doyle is a passionate clinician and educator committed to the vital link between food and health. She is the author of Food Becomes You - Simple Steps for Lifelong Wellness. A seasoned speaker, she aims to change the mindset around growing older with evidence based nutrition and lifestyle actions everyone can take. Her practice, Wellness and You is just outside of Boston, MA .

Because What You Eat Matters!