



Ingredients

- ✓ 1 cup quinoa, rinsed well
- ✓ 2 cups water
- ✓ ¼ + ½ tsp. salt, divided
- ✓ 1lb. fresh ripe tomatoes, diced
- ✓ 1 med. cucumber, peeled, seeded & diced
- ✓ 1 cup loosely packed Italian parsley, chopped
- ✓ ½ sweet bell pepper, diced (any color)
- ✓ ⅓ cup finely chopped onion
- ✓ 2 tsp. minced garlic (about 2 cloves)
- ✓ ½ cup coarsely chopped walnuts
- ✓ ¼ cup dried currants
- ✓ ¼ cup extra virgin olive oil
- ✓ ¼ cup fresh lemon juice
- ✓ Freshly ground black pepper (to taste)

Preparation

In medium saucepan place quinoa, water and ¼ teaspoon of the salt. Cover and simmer about 20-25 minutes or until quinoa “pops” and is tender. Fluff and set aside to cool. Meanwhile, in a large bowl toss together tomatoes, cucumber, parsley, bell pepper, onion, garlic, walnuts and currants. Add olive oil, lemon juice, remaining ½ teaspoon salt and black pepper. Mix well and serve at room temperature or after chilling.