Quinoa Tabbouleh

Serve 4 - 6

2 cups stock or water

1 cup uncooked quinoa, rinsed

1/2 cup finely chopped red onion

1/4 cup chopped fresh mint

1/4 cup chopped fresh flat-leaf parsley

½ cup diced grape tomatoes

2 tablespoons extra-virgin olive oil

1 teaspoon grated lemon rind

2 tablespoons fresh lemon juice

1/2 teaspoon salt

Bring the stock to a boil in a saucepan.

Stir in the quinoa, lower heat to medium, cover and cook for 15 minutes.

Remove from heat and let cool.

While the grain is cooling toss all remaining ingredients in a large bowl.

When the quinoa has cooled to room temperature, toss it in with the vegetables.

Serve chilled.