



Breakfast Tabbouleh with Quinoa and Fresh Fruit *by Centered Chef*

Makes 4 servings

Ingredients

1.5 cups all natural white grape juice, apple juice or water

1 teaspoon salt

2 tablespoons honey

1 cup quinoa, rinsed thoroughly

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3/4 cup blueberries

3/4 cup strawberries, hulled and quartered

3/4 cup cantaloupe, diced small

3/4 cup green grapes, halved

3/4 cup red grapes, halved

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3 tablespoons olive oil

4 tablespoons lemon juice

4 tablespoons mint, finely chopped

Method

Bring the grape juice to a boil and season with salt. Stir in the honey until it dissolves, followed by the quinoa. Turn down to a simmer and allow the quinoa to cook until tender, approximately 12-14 minutes. Once all the grape juice has been absorbed, fluff gently with a fork transfer to a baking dish, allowing to cool completely.

Distribute blueberries, strawberries, cantaloupe, green grapes and red grapes over the quinoa. Add olive oil, lemon juice and mint into the cooked quinoa. Gently toss everything together with a fork until well-mixed. Season to taste with a pinch of salt and additional honey, if desired.

Notes: Quinoa has a naturally-occurring bitter substance that must be rinsed off before using. Pour the quinoa into a medium-mesh strainer and rinse until cold water until it runs clear.

Amount Per Serving

Calories 371.14

Calories From Fat (31%) 116.58

Total Fat 13.16g 20%

Saturated Fat 1.77g 9%

Cholesterol 0mg 0%

Sodium 594.1mg 25%

Potassium 538.94mg 15%

Total Carbohydrates 59.53g 20%

Fiber 5.55g 22%

Sugar 28.4g

Protein 7.28g 15%

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