

QUINOA (KEEN-WAH) TABOULI

Ingredients

- 2 c. water
- ½ c. fresh lemon juice
- 1 c. quinoa
- 1/3 c. olive oil
- 3 medium ripe tomatoes
- 2 Tbsp. fresh mint
- 1 ½ c. fresh parsley, coarsely chopped
- 1 c. scallions, chopped
- salt to taste



Directions

Place quinoa in a colander and rinse several times rubbing the grains to remove the bitter outer layer. Place water and quinoa into a 2-quart saucepan. Bring to a boil. Reduce heat to a simmer and cover. Cook for 10 to 15 minutes or until all the water has been absorbed. While the quinoa is cooking, finely chop the tomatoes, mint, parsley and scallions. Add lemon juice and olive oil to tomato mixture. Stir in cooked quinoa and salt. Mix well. Let tabouli sit in the refrigerator for overnight to blend flavors. Tabouli is traditionally served at room temperature so removed from fridge 30-60 minutes before serving.

Yields: 6 servings
Calories: 240
Fat: 13 g
Protein: 5 g

GARLICKY BROCCOLI & RICOTTA

Ingredients

- 4 c. broccoli (1 bunch)
- Cooking spray
- 2 lg. cloves garlic (minced)
- 1 c. fat-free ricotta cheese
- 1 tsp. fresh ginger, grated
- ¼ tsp. red pepper



Directions

1. Cut up broccoli into small pieces
2. Steam broccoli until soft, about 10-15 minutes
3. Coat a small nonstick skillet with cooking spray and sauté garlic over medium heat until barely golden
4. Drain broccoli, place in food processor with ricotta, garlic, and seasonings and pulse until combined

Yields: 4 (1 cup) servings
Calories: 88
Fat: 0.5 g
Protein: 13 g

RECIPES



*For eating well
after bariatric
surgery*