

APRIL  
TEACHING  
KITCHEN

# VIRTUAL WELLNESS SERIES

## Teaching Kitchen Sessions

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Enjoy a hands-on demonstration of the healthy recipe below and discover more!

## STRAWBERRY QUINOA TABOULI SALAD

### Ingredients/Shopping List

- 1 cup quinoa
- 1 ½ cups water
- 1 lb strawberries, diced
- 2 cups cucumber, diced
- ¼ of a red onion, finely diced
- ½ cup fresh mint, chopped (more to taste)
- ½ cup fresh Italian parsley, chopped (more to taste)
- 4 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 2-3 tablespoons fresh lemon juice
- ½ teaspoon salt (more to taste)
- Fresh cracked pepper to taste
- ¼ cup crumbled feta cheese (optional)
- ½ cup toasted sliced or slivered almonds (optional)

### Instructions

1. Rinse and drain quinoa well, unless your quinoa is pre-washed. In a medium pot add 1 ½ cups water and the quinoa. Bring to a boil. Cover, turn heat down to low, and cook for 15 minutes. Turn off heat and leave covered 5 more minutes. Fluff and chill quinoa.  
(You can do this ahead and refrigerate overnight.)
2. Add all ingredients to a large bowl and toss to combine. Let salad stand for a few minutes or chill in the refrigerator. Taste and adjust salt, lemon and herbs – adding more if necessary before serving.

