

Veggie Fest Presents with Mary Pomerantz

QUINOA TABOULI SALAD

Fresh mint and lemon juice give just the right touch to this light yet filling salad.

Category: Salad

Diet: Vegetarian Option

Cuisine: Middle Eastern

Yield: 8 servings

Ingredients

2 cups cooked quinoa

Juice of 2 lemons

1/3 cup olive oil

1 cup chopped sweet onion

1 large English cucumber, chopped

4 medium tomatoes, chopped

2 bunches or 3 cups packed chopped parsley

1/2 cup chopped mint

2 cloves garlic, minced

1 (15-ounce can) chickpeas, drained and rinsed

4 ounces vegan feta cheese or dairy feta (optional)

Salt and black pepper to taste

Directions:

Combine cooked quinoa, lemon juice and olive oil in a large serving bowl, mixing well.

Add onion, cucumbers, tomatoes, parsley, mint, and garlic.

Mix in chickpeas. Add feta cheese, if desired. Season with salt and pepper.

Serve chilled or at room temperature.

HUMMUS

Category: Appetizer and Snacks; Sauces, Spreads & Dips

Diet: Vegetarian Option

Cuisine: Middle Eastern

Yield: 8 servings

Ingredients:

1 (28-ounce) can chickpeas, drained and rinsed

1 (15-ounce) can chickpeas, drained and rinsed

1 cup tahini (sesame seed paste)

Juice of 5 lemons (add more to taste)

1 to 1 1/2 teaspoons crushed garlic (or more to taste)

Salt and pepper to taste

Olive oil for garnish

1 tomato, finely chopped for garnish (optional)
Pita bread or crackers
Carrot and celery sticks, sweet pepper strips

Directions:

Place garbanzo beans in a food processor and pulse until puréed.

Add remaining ingredients and mix well.

Taste and adjust seasonings.

Place the hummus on a plate.

Drizzle with a good quality olive oil and garnish with finely chopped tomatoes.

Serve with pita bread or crackers and assorted vegetables.