

Tomato & Quinoa Relish

1 lb tomatoes, diced
2 cups cooked quinoa*
1/4 cup green onion, chopped
1/4 cup cilantro, chopped
3 T olive oil
lime juice, to taste
lemon juice, to taste
salt & cracked black pepper, to taste

In a bowl, combine the tomatoes, quinoa, green onion and cilantro and gently toss. Add the olive oil, lime juice and lemon juice. Season with salt and pepper and toss to combine. Serve with your favorite vegetables, meats, or on top of a salad.

*To prepare: Wash 1 cup of quinoa in a bowl of cold water, drain the water, repeat twice. Place the quinoa in a pot, add 2 cups of water, 1 tablespoon of olive oil and a pinch of salt and bring to a boil. Reduce heat, cover and simmer for 15 minutes or until the quinoa is fluffy.



ATLANTA BOTANICAL GARDEN