

No Mayo Coleslaw



Ingredients

6 cups very thinly sliced green cabbage (about 1/2 head)
1 ½ cups peeled, grated carrot (2-3 carrots)
1- 2 packets of Splenda
¼ cup chopped yellow sweet pepper
¼ cup chopped green sweet pepper
¼ cup white vinegar
2 tablespoons extra virgin olive oil
1 tablespoon lemon juice

Preparation

1. Place cabbage and carrots in a colander; rinse thoroughly with cold water to crisp. Let drain for 5 minutes.
 2. Whisk lemon, vinegar, oil and Splenda in a large bowl. Add cabbage, carrots and pepper toss well to coat.
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Quinoa Tabuleh

Ingredients

1 cup quinoa, rinsed well
2 tablespoons fresh lemon juice
1 garlic clove, minced
1/2 cup extra-virgin olive oil
Freshly ground black pepper
1 large English hothouse cucumber or 2 Persian cucumbers, cut into 1/4-inch pieces
1 pint cherry tomatoes, halved
2/3 cup chopped flat-leaf parsley
1/2 cup chopped fresh mint
2 scallions, thinly sliced

Preparation

1. Bring quinoa, 1/2 tsp. salt, and 1 1/4 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.
2. Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with pepper.
3. Spread out quinoa on a large rimmed baking sheet; let cool. Transfer to a large bowl; mix in 1/4 cup dressing. **DO AHEAD:** *Can be made 1 day ahead. Cover remaining dressing and quinoa separately; chill.*
4. Add cucumber, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat. Season to taste with pepper. Drizzle remaining dressing over.