



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM



# Quinoa, Tomato, and Cucumber Lettuce Wrap

**Serves:** 6

**Ingredients:**

- For the wrap:
  - 6 large lettuce leaves, preferably Bibb
  - 1 cup cooked quinoa
  - 2 large ripe tomatoes, diced
  - 1 cucumber, peeled and diced
  - 2 tbsp flat leaf Italian parsley, chopped
- For the dressing:
  - 2 tbsp white wine vinegar
  - 1 tsp Dijon
  - 1 tsp shallot, minced
  - ¼ cup good quality olive oil, more or less as needed
  - Salt and pepper to taste

**Method :**

- Place the vinegar, Dijon, shallot, and a pinch of salt and pepper into a large bowl. Drizzle the olive oil into the bowl while constantly whisking.
- Add quinoa, tomatoes, and cucumber to the bowl. Toss well.
- Using a slotted spoon, place the quinoa mixture into the lettuce leaves. Sprinkle with parsley. Wrap tightly and serve cold or at room temperature.

