COOKING WITH PURPOSE

Join our monthly workshops, *Cooking with Purpose*, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and come find your community here on campus.

- A new recipe each month
- Learn lifelong skills
- Take home leftovers
- Consult with Auraria’s Registered Dietitian
Hearty Tabouleh

SERVES: 4-6

This refreshing summer grain salad makes a hearty meal on a warm day. Rich in citrus flavor, and made with a complete protein, this dish is a delicious way to help you achieve your daily fiber intake! Regularly eating insoluble fiber is great a way to maintain a healthy weight, and stay satiated until your next meal.

TABOULEH

1 cup quinoa, rinsed well  
½ medium red onion, chopped  
¾ cup medium tomatoes, chopped  
2 cups minced parsley (1 large bunch)  
1 cucumber  
½ cup minced mint (1 small bunch)  
2 cloves garlic, minced  
½ cup extra-virgin olive oil  
2 tablespoons lemon juice, plus extra to taste  
Salt and pepper

HUMMUS

1½ cups cooked chickpeas, drained and rinsed  
⅓ cup smooth tahini  
2 tablespoons extra-virgin olive oil  
2 tablespoons fresh lemon juice, to taste  
1 garlic clove  
½ teaspoon sea salt  
5 tablespoons water, or as needed to blend  
Paprika, red pepper flakes, or parsley, for garnish

DIRECTIONS

1. Rinse quinoa under cool water, then combine with 2 cups of water and 1/2 teaspoon salt in a medium saucepan. Bring to a rapid simmer, then turn down the heat to medium-low, cover, and cook until the quinoa is fluffy and chewy, about 20 minutes.

2. While the quinoa is cooking, soak the onion in a bowl of cold water. This softens its bite and makes it more pleasant to eat when raw.

3. Empty the cooked quinoa into a large bowl and allow it to cool almost to room temperature. The quinoa should feel just barely warm to the touch.

4. Drain the red onions. Stir the onions, tomatoes, cucumber, parsley, mint, and garlic into the warm quinoa. Whisk together the olive oil and lemon juice with 1/2 teaspoon of salt. Pour this over the salad and stir to combine. Taste a spoonful of the salad and add more salt or pepper to taste.

5. In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Blend until very smooth, adding water as needed to blend, and/or to reach your desired consistency. Drizzle over quinoa bowl.

PRO TIP

Try adding beans, crunchy bits of tempeh, or feta to make this dish extra protein rich and filling!
Are you in need of food assistance?

There are a variety of campus and community resources available to keep you and your family healthy. If you, or someone you know is needing some additional assistance, please reach out to your institution’s CARE Team. They offer wraparound services to students. You will be assigned a case manager who will connect you to the resources that best fit your needs, and life circumstances.

**CAMPUS RESOURCES**

- **Rowdy’s Corner**
  Tivoli 271
  rowdyscorner@msudenver.edu
  303-615-0423

- **CU Food Pantry**
  Wellness Suite, 3rd Floor
  Lynxbasicneeds@ucdenver.edu
  303-315-9355

- **CCD SPARC Food Pantry**
  Tivoli 260
  sparc@ccd.edu
  303-352-3243

- **MSU Denver Student Care Center**
  Tivoli 311
  studentcarecenter@msudenver.edu
  303-615-0006

- **University of Colorado Denver CARE Team**
  Tivoli 311
  shareaconcern@ucdenver.edu
  303-352-3205

- **Community College of Denver Student Programming, Activities & Resource Center (SPARC)**
  Tivoli 260
  sparc@ccd.edu
  303-556-2597

**COMMUNITY RESOURCES**

- **Denver Inner City Parish**
  303-629-0636

- **Hunger Free Colorado**
  855-855-4626

- **Metro Caring**
  303-860-7200