

# Refreshing Quinoa Tabbouleh Salad

*This salad is a twist on the classic Middle Eastern dish, using quinoa in place of bulgur wheat to provide an extra boost of protein.*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>25 MIN</b>
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## INGREDIENTS

1 cup	Quinoa, rinsed well
1/3 cup	Extra-Virgin Olive Oil
2 each	Lemon, juiced
1 clove	Garlic, minced
1/2 tsp	Kosher Salt
To taste	Black Pepper, ground
1 each	English Cucumber, large, cut into 1/4" pieces
1 pint	Cherry Tomatoes, halved
2/3 cup	Parsley, flatleaf, chopped
2 each	Scallions, thinly sliced

## CHEF'S NOTES

The quinoa can be made in advance to speed up the time it takes to assemble this grain and vegetable salad.

For additional flavor, add a touch of lemon zest or 1/2 cup chopped fresh mint.

Make this salad a meal by adding crumbled feta, chickpeas, or grilled chicken.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring quinoa and 1 1/2 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 12-15 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.
3. While the quinoa is cooking, whisk olive oil, lemon juice, garlic, salt, and pepper in a large bowl.
4. Once quinoa is cooked, spread on a large rimmed baking sheet or transfer to a large bowl to let cool.
5. Add the dressing, cucumber, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat.

# Nutrition Facts

6 servings per container

**Serving Size** 1 cup (171 g)

Amount per serving

**Calories** 240

% Daily Value \*

**Total Fat 14g** 18%

Saturated Fat 2g 9%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 180mg** 8%

**Total Carbohydrate 26g** 9%

Dietary Fiber 3g 9%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein 5g** 10%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.61mg 3%

Potassium 300mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

