
QUINOA TABBOULEH

(Gluten-Free, Dairy-Free, Nut-Free, Egg-Free, Vegetarian, Vegan)

Yield: 4 servings **Total time:** 45 minutes



D'LISH

Ingredients

- 2 cups cooked quinoa (2/3 cup dried)
- 1 lemon, squeezed and zested
- 2 tbsp olive oil
- 1 cup grape tomatoes, chopped
- 1 cucumber, diced
- 1 bell pepper, diced
- 1,15-oz can chickpeas, drained and rinsed
- 8 green onions, thinly sliced
- 1 cup parsley, chopped
- 3 tbsp mint, chopped
- 1/2 tsp garlic powder
- 1/2 tsp ground black pepper
- Optional for serving: hummus and/or salad greens

Directions

1. **Prepare quinoa:** Rinse dried quinoa. Then, in a medium saucepan combine 2/3 dried quinoa with 1 1/3 cup water. Bring to a boil, the cover and simmer for 15-20 minutes until water is completely absorbed.
2. **While quinoa is cooking prep other ingredients:** Chop grape tomatoes, cucumber, bell peppers, green onion, parsley and mint. Open, drain and rinse canned chickpeas. Place ingredients into a large bowl.
3. **Once quinoa is cooked:** Let quinoa cool to room temperature then combine in large bowl with chopped vegetables. Top with olive oil, fresh lemon juice and zest, garlic powder and ground black pepper. Chill in the refrigerator for at least 15 minutes before serving.
4. **To serve:** Place chilled tabbouleh on a bed of greens or in lettuce wraps with hummus.

Grocery List

- Quinoa
- Lemon
- Grape Tomatoes
- Cucumber
- Bell pepper
- Chickpeas
- Green onion
- Parsley & Mint
- Garlic powder & Black pepper
- Optional: hummus & greens

Kitchen Equipment

- Cutting board
- Chef's knife
- Can opener
- Strainer
- Saucepan with lid
- Large bowl
- Measuring cups & spoons
- Spatula
- Microplane & citrus squeezer

Per serving: 337 Calories; Total Fat 5g; Saturated Fat 1g; Sodium 18mg;
Total Carbohydrates 60g; Fiber 7g; Protein 13g

Nutrition Information

- Tabbouleh is a traditional salad served in Lebanon. It's typically made of chopped parsley, tomato, onion, mint, bulgur, and seasoned with a lemon-olive oil dressing. This recipe substitutes bulgur with quinoa for a gluten-free option.
- Tabbouleh is extremely nutrient dense. It is high in fiber, protein, complex carbs and vitamins and minerals like vitamin A, C and B12. It is low in fat, sodium and contains no cholesterol.
- Quinoa is rich in fiber, protein and antioxidants which can prevent cellular damage. Incorporating quinoa into a healthy diet can help with cholesterol and blood sugar levels, lowering your risk of diabetes and heart disease.

Notes