

Quinoa Tabbouleh

Susan Alsembach

This tabbouleh recipe is ideal now the weather is warm!

It can be served on its own as a salad or as a side dish, with some barbequed chicken or fish.

So easy to make and by doubling up you would have leftovers for another meal.

I hope you enjoy it,
Susan

Quinoa Tabbouleh

8 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside to cool.
2. Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add minced garlic.

No Quinoa

Use bulgur, cauliflower rice, hemp seeds, or lentils instead.

Ingredients

85 grams Quinoa (uncooked)

122 grams Parsley (stems removed, finely chopped)

6 grams Mint Leaves (stems removed, finely chopped)

2 stalks Green Onion (finely chopped)

2 Tomato (medium, chopped)

15 milliliters Extra Virgin Olive Oil

60 milliliters Lemon Juice

Sea Salt & Black Pepper (to taste)