

Quinoa Tabbouleh

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| 1 cup quinoa, rinsed | 2 green onions, white parts only, chopped |
| 3 medium tomatoes, diced | ¼ cup extra-virgin olive oil |
| 1 English cucumber, diced | ¼ cup fresh lemon juice |
| 2 medium carrots, peeled and grated | 1 clove garlic, finely minced |
| 1 cup fresh chopped parsley | ½ tsp salt |
| ½ cup fresh chopped mint | Pinch pepper |

EASY recipe



In a medium pot, combine quinoa with 2 cups water. **Bring** to a boil. **Reduce** heat and simmer for 15 minutes or until water is absorbed. **Fluff** with a fork and set aside. **In** a large bowl, combine tomatoes, cucumber, carrots, parsley, mint and onions. **Add** quinoa to vegetables and mix well. **In** a small bowl, whisk together olive oil, lemon juice, garlic, salt and pepper. **Pour** dressing over quinoa and toss to combine. **Serve** with lemon wedges.

Makes 6 servings. Per serving:

227 calories | 6g protein | 11g total fat | 1g saturated fat | 7g mono fat | 3g poly fat | 28g carbohydrate | 3g sugar | 4g fiber | 220mg sodium