

Quinoa Tabbouleh

Fresh and vibrantly flavored, this Quinoa Tabbouleh has all the familiar flavors of traditional tabbouleh, but with easy to cook and nutrient rich quinoa instead of bulgur.



4.77 from 13 votes

Total Cost: \$6.46 recipe / \$0.81 serving Servings: 8 about 1 cup each

Ingredients

- 1 cup uncooked quinoa \$1.40
- 1 large lemon \$0.69
- 4 cloves garlic \$0.32
- 1/4 cup olive oil \$0.52
- 1 tsp salt \$0.05
- 1 large tomato \$1.10
- 1 large cucumber \$1.49
- 1 bunch curly leaf parsley \$0.89

Instructions

1. Rinse the quinoa under cool running water. Place the rinsed quinoa in a pot with 1.75 cups of water. Put a lid on top, bring it to a boil over high heat, then reduce the heat to low and let simmer for 15 minutes. After 15 minutes, turn off the heat. Allow the quinoa to cool before making the salad or else the heat will wilt the parsley and vegetables. To cool it faster, spread it out on a baking sheet and place in the refrigerator for 30 minutes.
2. While the quinoa is cooling, prepare the rest of the salad. To make the dressing, squeeze the juice from the lemon into a bowl (about 1/4 cup). Mince the garlic and add to the lemon juice along with the olive oil and salt. Whisk to combine, then set the dressing aside.
3. Dice the tomato and cucumber. Rinse the parsley well to remove sand and grit, then chop well. Add the cucumber, tomato, and parsley to a large bowl.
4. Once the quinoa is cooled, add it to the bowl with the vegetables. Pour the dressing over top, then stir until everything is well coated. Serve immediately or refrigerate until you're ready to eat. Give the salad a brief stir just before serving.

Nutrition

Serving: 1 Serving | Calories: 154.23kcal | Carbohydrates: 17.23g | Protein: 3.85g | Fat: 8.26g |
Sodium: 302.7mg | Fiber: 2.6g