

Quinoa Tabbouleh Salad

A lemony Middle Eastern tabbouleh salad with made with healthy gluten free quinoa, fresh parsley and mint. Vegan and kosher for Passover.

		
PREP TIME	COOK TIME	TOTAL TIME
20 mins	30 mins	50 mins
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COURSE	KOSHER KEY	
Salad	Parve, Kosher for Passover	

INGREDIENTS

- 3/4 cup uncooked quinoa
- 2 bunches fresh flat-leaf parsley, stemmed and minced (about 1 1/2 cups minced)
- 2 bunches fresh mint, stemmed and minced (about 1 cup minced)
- 3 fresh tomatoes
- 1/4 cup finely chopped scallions or onions
- 1/4 cup freshly squeezed lemon juice, or more to taste
- 1/4 cup extra virgin olive oil
- 3/4 tsp salt, or more to taste

NOTES

You will also need: Fine mesh strainer, stainless steel skillet or pan, small saucepan, salad bowl

Serving size: 3/4 cup

Note: Originally this recipe had a higher ratio of quinoa to green herbs. Over time I have cut back on the quinoa for a greener salad. To make it the way it was originally posted, double the amount of quinoa - making it 1 cup quinoa, 2 cups cooking water.

INSTRUCTIONS

1. Rinse uncooked quinoa in cold water using a fine mesh strainer until the water runs clear. Drain.

Spread quinoa in the bottom of a stainless steel skillet in an even layer. Turn heat to medium and let the quinoa heat up, stirring occasionally, until the moisture is gone.

2. Continue to cook the quinoa over medium heat, stirring frequently, for roughly 10 minutes until it begins to turn toasty and fragrant. The quinoa is ready when the seeds start to pop and turn golden brown. Remove from heat.
3. Pour quinoa into saucepan along with 1 1/2 cups of water. Bring to a boil, then reduce to a simmer and cover the pan.
4. Cook quinoa for 10-12 minutes until tender, but not mushy. Stir and let cool to room temperature.
5. Place minced fresh parsley and mint in a medium salad bowl.
6. Whisk together the lemon juice, olive oil and salt.
7. Seed the tomatoes by quartering them, then use your fingers or a paring knife to remove the seeds.

Dice the tomatoes into small pieces.

8. Add the finely chopped tomatoes to the green herbs along with the chopped scallions, cooked quinoa, and olive oil lemon juice dressing. Stir gently to combine.

Season with additional salt or lemon juice to taste, if desired. Serve at room temperature, or chill in the refrigerator.

9. Some people like to add garlic to their tabbouleh. If you want a garlicky flavor, add a well-minced raw clove to the salad. Enjoy!

NUTRITION

Nutrition Facts	
Quinoa Tabbouleh Salad	
Amount Per Serving	
Calories 89	Calories from Fat 54
% Daily Value*	
Fat 6g	9%
Sodium 177mg	8%
Potassium 159mg	5%
Carbohydrates 7g	2%
Fiber 1g	4%
Sugar 1g	1%
Protein 1g	2%
Vitamin A 435IU	9%
Vitamin C 10mg	12%
Calcium 13mg	1%
Iron 0.6mg	3%
* Percent Daily Values are based on a 2000 calorie diet.	

Tried this recipe?
Let Us Know How It Was In The Comments.

★★★★★
4.8 from 35 votes

Nutritional information should be considered an estimate only; please consult a registered dietician, nutritionist, or your physician for specific health-related questions. Read more [here](#). Please note that the recipe above is published using a recipe card plugin, with preexisting software which can auto-calculate metric measurements, as well as change the number of servings. Metric conversions and changes to the number of servings (resulting in different ingredient amounts) will only appear in the ingredient list, and are not changed within the step-by-step directions of the recipe.

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