




# QUINOA TABBOULEH

## QUICK INFORMATION

**TIME**  
  
**45 MINS**

**SERVES**  
  
**8**

**CALORIES**  
  
**300**

**VEGETARIAN**  
  
**RECIPE**

### INGREDIENTS

- 1 1lb Bag Lundberg Organic Tri-Color Quinoa or Antique White Quinoa
- 3 1/3 cups water
- 3/4 cups chopped flat leaf parsley
- 3/4 cups diced cucumber
- 3/4 cups diced tomato
- 1/3 cups chopped fresh mint
- 1/3 cups olive oil
- 3 Tbsp. fresh lemon juice
- 2 cloves garlic, minced

### NUTRITIONAL FACTS

Serving Size: 1 cup

#### AMOUNT PER SERVING

**Calories** 300      Calories from Fat

**Total Fat** 12g  
 Saturated Fat 1.5g  
 Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 20mg

**Total Carbohydrate** 40g  
 Dietary Fiber 1g  
 Total Sugars 3g

**Protein** 9g

### PREPARATION

#### PREPARE QUINOA

In a fine mesh sieve, thoroughly rinse and drain quinoa under cold water until the water runs clear.

Place quinoa and water into pot and bring to a fast simmer.

Cover with a tight-fitting lid. Reduce heat to maintain a low simmer and cook for 17 minutes.

Remove from heat (keep covered) and steam for 5 minutes.

\*\*Quinoa can be prepared in a rice cooker with the same quinoa to water ratios as stove top

#### PREPARE TABBOULEH

To cooked quinoa, add parsley, cucumber, cherry tomatoes, and mint.

Season with olive oil, fresh squeezed lemon juice, and garlic.

Add salt and pepper to taste.

Serve cold or at room temperature.