



Quinoa Tabbouleh

6 servings

10 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 Red Bell Pepper
- 1/2 cup Cherry Tomatoes (sliced)
- 1 cup Parsley (fresh, chopped)
- 1/2 cup Mint Leaves (fresh, chopped)
- 2 stalks Green Onion (chopped)
- 1 stalk Celery (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 2 tbsps Lemon Juice
- 1/2 tsp Coriander Seed
- 1/2 tsp Cumin
- 1 Garlic (clover, minced)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	168
Fat	7g
Saturated	1g
Carbs	22g
Fiber	3g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	212mg

Directions

- 1 Cook quinoa according to directions, and then set aside to cool.
- 2 Chop all other ingredients (red pepper, tomatoes, parsley, mint, onions, and garlic); and add to cooked quinoa once it's done.
- 3 For the dressing, mix all remaining ingredients together (cumin, coriander, lemon juice, olive oil, sesame oil, garlic and salt).
- 4 Pour dressing over salad and mix. Enjoy!

Notes

All About Cooking Quinoa: One cup dry quinoa yields about three cups cooked quinoa. To cook one cup quinoa, you need about 2 cups liquid. One cup quinoa will cook in about 20 minutes. Nearly, if not all, of the natural bitterness of quinoa's outer coating can be removed by a vigorous rinsing in a mesh strainer. Nowadays, when you buy quinoa it's usually already been rinsed, but if you one of those people who find quinoa a little bitter or strong tasting, go ahead and give it a second rinse before cooking it. Try cooking it in vegetable or chicken broth. Also, add a little sea salt to the water when cooking it. Or you could spice it up with a little smashed garlic, a sprig of fresh rosemary, or a dash of black pepper.