

# Quinoa Tabbouleh

This is a great new twist on a classic Middle Eastern salad. This dish is high in iron and vitamins A and C, making it a great choice for your dinner table.

Serves 6



## Ingredients

- 2 cups water
- 1 cup quinoa, rinsed
- Juice from 1 lemon
- Zest from 1 lemon
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 bunch parsley, minced
- 3 green onions, chopped
- 1 medium cucumber, chopped
- 2 medium tomatoes, diced

## Nutrition Facts

Serving Size About 1 Cup  
Servings Per Recipe 6

Amount Per Serving

**Calories** 180    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g    **11%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 120mg    **5%**

**Total Carbohydrate** 25g    **8%**

Dietary Fiber 4g    **16%**

Sugars 3g

**Protein** 5g

Vitamin A 40%    •    Vitamin C 60%

Calcium 6%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

1. In a medium saucepan, bring water to boil.
2. Add quinoa. Reduce heat and simmer for 15-20 minutes or until all water is absorbed.
3. Remove from heat, and cool completely.
4. In a small bowl, whisk together lemon juice, lemon zest, olive oil, salt and pepper.
5. In a large bowl add parsley, cooled quinoa, green onion, cucumber and tomato.
6. Pour dressing mixture over parsley mixture and gently stir to combine.
7. Enjoy immediately or refrigerate until serving.

Please note: nutritional values are approximate.

