



# Quinoa Tabbouleh

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 ¼ cups

## Ingredients

- ¾ cup uncooked quinoa
- 1 ½ cups water
- ½ red onion, finely chopped
- 2 Roma tomatoes, chopped
- 1 (15-ounce) can no-salt added chickpeas (garbanzo beans), drained and rinsed
- 1 cup chopped fresh parsley
- ⅓ cup chopped fresh mint
- 1 clove garlic, minced (about ½ teaspoon)
- ½ teaspoon ground black pepper
- 2 tablespoons extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 lemon, juiced (about 3-4 tablespoons)
- ½ cup reduced fat feta, crumbled

## Directions

1. Add quinoa and water to a medium saucepan.
2. Bring water to boil, then turn down the heat to simmer.
3. Cover and cook until the quinoa is fluffy and chewy, about 15-20 minutes.
4. Move the saucepan off the heat and keep covered with a lid for 1-2 minutes.
5. Empty the cooked quinoa into a large bowl and allow it to cool almost to room temperature. You can speed this process up by spreading the quinoa into a thin layer on a baking sheet and stirring it occasionally.
6. Stir the onion, tomatoes, chickpeas, parsley, mint, garlic and black pepper into the bowl with quinoa.
7. In a separate small bowl, whisk together the olive oil, red wine vinegar and lemon juice.
8. Pour the dressing over the salad and stir to combine.
9. Fold in the feta. Serve room temperature or chilled.

## Recipe Notes

- For a more traditional tabbouleh, substitute ¾ cup dry bulgur for quinoa, cooked according to package directions.

**Nutrition Facts Per Serving: Calories: 290 | Total Fat: 12 g | Saturated Fat: 3 g  
Sodium: 350 mg | Total Carbohydrate: 36 g | Dietary Fiber: 5 g | Protein: 12 g**

Adapted from [Thekitchn.com](http://Thekitchn.com) | Submitted by Robin LaCroix, RD, CSO  
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