



# Simple Quinoa Tabbouleh



4 servings



20 mins prep | 40 minutes total time

## Per serving:

398 calories  
39 g carbs  
6 g fiber  
23.7 g fat  
11 g protein

## Ingredients

### Salad

- 1 cup quinoa, uncooked
- 1 pint cherry tomatoes, halved 1 bell pepper, yellow, chopped 1 cucumber, seedless, diced
- 2 cups parsley, fresh, chopped 1/4 onion, red, chopped
- 1/4 cup pepitas [pumpkin seeds], raw

### Dressing

- 5 Tbs olive oil
- 2 lemons

## Directions

### Prep

1. To cook quinoa: Place quinoa and water in a small saucepot in a ratio of 2:1, quinoa: water. For 1 cup quinoa, add 2 cups of water. Bring to a boil, reduce heat to simmer for about 8 minutes. You may need to crack the lid a bit to prevent overflow. Once the water has been absorbed, remove from heat, fluff with a fork, and return the lid. Set aside.
2. Prepare cherry tomatoes, pepper, cucumber, parsley, and onion according to directions.
3. Juice lemons [each lemon yields ~ 3 Tbsp. of juice.]

### Make

1. Add cooked quinoa and vegetables to a large bowl and toss to combine.
2. Whisk together ingredients and add to salad. Toss to coat
3. Season with salt and pepper. Top with pepitas and serve.



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