

Quinoa Tabbouleh

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 1 cup

Ingredients	Quantity	Measure
Quinoa, dry, rinsed and drained	1	cup
Water	2 ½	cups
Salt	1	teaspoon
Fresh garlic, minced	1	tablespoon
Red bell pepper, small dice	¼	cup
Olive oil	1	teaspoon
Red onion	¼	cup
Whole kernel corn, frozen, do not cook	¼	cup
Fresh parsley, chopped	¼	cup
Fresh mint, chopped	¼	cup
Fresh lemon juice	1	each
Fresh lime juice	1	each
Olive oil	¼	cup

Preparation

1. Boil water.
2. Once water is boiling, add salt and rinsed and drained quinoa. Reduce heat to medium and continue cooking quinoa until it resembles spiral shape and all the water is gone.
3. In a pan over medium heat, sauté red onion in 1 teaspoon of olive oil until soft; remove from heat.
4. In a medium bowl, combine cooked quinoa, red onions, bell pepper, corn, parsley, mint, lemon juice, lime juice and ¼ cup olive oil. Stir until fully combined.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 165 Total Fat: 8g Saturated Fat: 1g Monounsaturated Fat: 5.3g Polyunsaturated Fat: 1.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 20g Fiber: 2.2g Total Sugar: 0.7g Protein: 4g Sodium: 296mg Vitamin A: 16µg Vitamin C: 13mg Calcium: 17mg Iron: 1.3mg Folate: 47µg



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