

Quinoa Tabbouleh Salad



Prep:

10 minutes

Total:

35 minutes

Makes:

8 full servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

small mixing bowl

medium mixing bowl

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Recipe:

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Quinoa is a tiny seed that is light and easy to prepare. It is high in protein and tastes great in many recipes! This salad makes a great lunch, snack or dinner. Easy to pack up in a container or send it with the kids to school for lunch!

Salad

1 cup
rinsed quinoa
(170
g)

1 cup
chickpeas
(200
g)

1/2 cup
 red onion, julienned, use Cone #2
 (80 g)
 1 cup
 carrots, julienned, use Cone #2 (or substitute with cherry tomatoes)
 (110 g)
 1 cucumber, seeded and chopped into small pieces
 1 bunch
 spinach, finely chopped into shreds
 1/4 cup
 chopped fresh parsley
 (15 g)
 1/4 cup
 chopped fresh mint
 (6 g)

Dressing

1
 large clove 1
 garlic teaspoon dry basil (1 g) 2
 tablespoons lemon juice (30 mL) 1
 tablespoon apple cider (15 mL) 1
 vinegar 2
 teaspoon raw honey (21 g) 1/4
 teaspoons tahini or dijon (10 g) cup olive oil (60 mL)
 mustard pepper to
 taste

Directions:

1. Rinse quinoa and strain through a fine mesh strainer. Add rinsed quinoa to sauce pan and heat over medium-low heat for 2 to 3 minutes or until water has evaporated. Add 2 cups of water with a pinch of sea salt and cover.
2. When Vapo-Valve™ clicks, reduce heat to low and simmer quinoa for 15 minutes until all the water has been absorbed.
3. Turn off heat and let sit for a minute or two. Then remove quinoa and spread out on a plate to cool.
4. Transfer quinoa to a medium size mixing bowl and combine with chickpeas, onions, carrots (or tomatoes), cucumbers, spinach, parsley, and mint.
5. Mix dressing in a small bowl and toss into the quinoa mixture. Gently stir from the bottom up. Serve.

Nutritional Information per

▼ Serving

Salad
Calories: 195
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 52mg
Total 34g
Carbs:
Dietary Fiber: 8g
Sugar: 4g
Protein: 10g

Dressing

Calories: 72
Fat: 7g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 292mg

Carbohydrate: 2g
Fiber: 0g
Sugar: 1g
Protein: 0g
