Quinoa Tabbouleh

Active Time: 15 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

254.9 calories, 35.34 g carbohydrate, 5.38 g fiber, 29.96 g NET carbs, 7.89 g protein, 9.99 g fat

Ingredients

- 1 medium organic cucumber, peeled and diced
- 1/4 cup(s) organic lemon juice
- 4 medium(s) organic spring onions, diced
- 1 cup fresh organic parsley, chopped
- 1 cup organic quinoa
- 3 medium(s) organic tomatoes, diced
- 2 cup(s) filtered water
- 2 Tbsp(s) organic extra virgin olive oil
- 1 pinch sea salt

Preparation

1. First, rinse quinoa in a strainer to remove saponins. Rinse until bubbles no longer form.
2. In a saucepan bring water to a boil.
3. Add quinoa and stir. Reduce heat to low, cover and simmer for 15 minutes.
4. Remove quinoa from heat. Allow to cool to room temperature; fluff with a fork.
5. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, and parsley.
6. Stir in cooled quinoa.
7. Serve.

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