



Quinoa Tabouli Salad with Chickpeas

Feel free to swap out the quinoa for bulgur wheat, amaranth, or couscous.

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Quinoa	88.5 g
1/4 cup	Lemon Juice, fresh	59.2 mL
3/4 cup	Vegetable Stock or Water	177.6 mL
2 each	Tomatoes, diced small	2 each
1/2 cup	Scallion or Chives, thinly sliced	50 g
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste
1/3 cup	Extra Virgin Olive Oil	78.7 mL
1 cup	Parsley, fresh, chopped	57.6 g
1 cup	Mint, fresh, chopped	57.6 g
1 (15 oz) can	Chickpeas, drained, rinsed	1 can
1 each	Cucumber, diced	90 g

Preparation:

1. Gather all ingredients and equipment.
2. Combine quinoa with lemon juice and water in a saucepan. Cover and simmer over medium heat for 10-15 minutes or until quinoa is tender and water is evaporated. Fluff the quinoa with a fork and set aside to cool.
3. In a bowl, combine the tomatoes, cucumbers, scallions, salt and pepper. Drizzle on the olive oil and toss.
4. Fold in the quinoa, parsley, and mint and mix well.
5. Refrigerate, stirring occasionally.
6. Before serving, taste and adjust flavors with lemon juice and pepper.

****Nutrition Facts on Reverse**

Nutrition Facts

Serving size **1 cup**
Servings **6**

Calories 250
Calories from Fat 130

Total Fat 15 g
Saturated Fat 2 g
Trans Fat 0 g
Monounsaturated Fat 1 g
Cholesterol 0 mg
Sodium 200 mg
Carbohydrates 24 g
Dietary Fiber 6 g
Sugars 1 g
Protein 7 g

Vitamin A 70 %
Calcium 10 %
Vitamin C 60 %
Iron 25 %
Phosphorus 128 mg
