Quinoa Tabbouleh

Source: Chef Katie Simmons

This gluten-free version of tabbouleh substitutes quinoa for the traditional cracked wheat.

About the Recipe

262 Calories · 10.8 g Protein · 9.8 g Fiber
Lunch

Ingredients

Makes 5 Servings

- 1 c (170 g) quinoa
- 2 plum (or Roma) tomatoes
- 1 shallot, minced
- 1 clove garlic, minced
- 1 lemon (zest and juice)
- 2 tbsp (30 mL) sherry vinegar
- 1/2 tsp (2.5 mL) ground coriander
- 1/4 tsp (1.2 mL) ground cumin
- 1/8 tsp (0.6 mL) cayenne pepper (optional) **optional*
- 1/4 tsp (1.2 mL) iodized salt
- 1/8 tsp (0.6 mL) ground black pepper
- 1 bunch curly parsley

Directions

1. Place the quinoa in a medium pot without any liquids. Cover and cook over medium heat 3 to 5 minutes, until quinoa "pops" and becomes aromatic.

2. Then, add 2 c (475 mL) of water to the quinoa. Cover, bring to a boil, and then reduce to a simmer.
3. Simmer 10 to 12 minutes, until quinoa pops open. While the quinoa cooks, you can prepare the rest of your ingredients.
4. In a medium bowl, combine the shallot and garlic with the sherry vinegar.
5. Add the lemon juice and zest to the bowl. Add the spices, salt, and pepper to the bowl. Allow to sit until the quinoa is done cooking.
6. When quinoa is done cooking, remove the lid and fluff to let excess water steam off. Remove from heat and let cool.
7. Add to the bowl with the shallot and spices. Add the tomatoes and parsley, and stir well to combine.
8. Serve chilled. This salad gets even better the next day.

Nutrition Facts

Per serving (about 1/4 of recipe):

Calories: 262

Fat: 3.3 g

Saturated Fat: 0.4 g

Calories From Fat: 29

Cholesterol: 0 mg

Sodium: 193 mg

Potassium: 1,012.6 mg

Carbohydrate: 52.4 g

Fiber: 9.8 g

Sugar: 9.1 g

Protein: 10.8 g

Calcium: 104 mg

Iron: 141.6 mg

Vitamin C: 818.4 mg