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

- quinoa (1 cup)
- plum (or Roma) tomatoes (2)
- shallot (1)
- garlic (1 clove)
- lemon (zest and juice) (1)
- sherry vinegar (2 tbsp.)
- coriander (1/2 tsp.)
- cumin (1/4 tsp.)
- cayenne pepper (1/8 tsp.)
- salt (1/4 tsp.)
- black pepper (1/8 tsp.)
- curly parsley (1 bunch)

Directions

1. Place the quinoa in a medium pot. Cover and cook over medium heat 3 to 5 minutes, until quinoa "pops" and becomes aromatic.
2. Add 2 cups 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. Mince the shallot and garlic.
5. In a medium bowl, combine the shallot and garlic with the Sherry vinegar.
6. Zest the lemon and add to the bowl. Juice the lemon into the bowl.
7. Add the spices, salt, and pepper to the bowl. Allow to sit until the quinoa is done cooking.
8. Seed and dice the tomatoes. Remove the stems of the parsley and roughly chop.
9. When quinoa is done cooking, remove the lid and fluff to let excess water steam off. Remove from heat and let cool.
10. Add to the bowl with the shallot and spices. Add the tomatoes and parsley, and stir well to combine.
11. 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
Carbohydrates: 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