

Quinoa Tabbouleh



Ingredients

1 cup quinoa, rinsed well	1 large English hothouse cucumber, cut into ¼" pieces
Veggie base low sodium broth	1 pint cherry tomatoes, halved
2 tablespoon fresh lemon juice	2/3 cup chopped flat-leaf parsley
1 garlic clove, minced	½ cup chopped fresh tarragon
½ cup extra virgin olive oil	2 scallions, thinly sliced
Freshly ground black pepper	

Step 1

Bring quinoa, veggie base low sodium broth and 1 ¼ cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.

Step 2

Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.

Step 3

Spread out quinoa on a large rimmed baking sheet; let cool. Transfer to a large bowl; mix in ¼ cup dressing. DO AHEAD: Can be made 1 day ahead. Cover remaining dressing and quinoa separately; chill.

Step 4

Add cucumber, tomatoes, herbs and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper. Drizzle remaining dressing over.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 294

% Daily Value *

Total Fat 21 g **32 %**

Saturated Fat 3 g **14 %**

Monounsaturated Fat 14 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 33 mg **1 %**

Potassium 355 mg **10 %**

Total Carbohydrate 23 g **8 %**

Dietary Fiber 4 g **16 %**

Sugars 2 g

Protein 6 g **11 %**

Vitamin A **45 %**

Vitamin C **45 %**

Calcium **6 %**

Iron **17 %**
