



QUINOA TABBLOULEH SALAD



Ingredients

- 1 1/2 cups quinoa
- 3 cups water
- 1 cup diced cherry tomatoes
- 1 cup diced English cucumber
- 1 cup diced orange bell pepper
- 1 cup diced red bell pepper
- 1/2 cup finely minced fresh parsley
- 1/4 cup finely minced fresh mint
- 2 garlic cloves, minced
- 4-5 tbsp lemon juice
- 3 tbsp olive oil
- salt & pepper to taste



Instructions

1. Add quinoa and water to a medium saucepan, cover, and bring to a boil. Reduce heat and simmer for 15 minutes until water is gone. Let sit for 5 minutes; then, fluff with a fork.
2. In a large bowl, combine quinoa and all remaining ingredients. Toss to mix.

Recipe available online:
joyfulhealthyeats.com/quinoa-tabbouleh-salad/