



www.flavorfulhearts.com

Mediterranean Quinoa Tabbouleh

A refreshing twist on the classic Lebanese salad.

Prep Time: 20 min

Cook Time: 15 min

Servings: 4

Ingredients

- 1 cup quinoa, cooked & cooled
- 2 cup parsley, finely chopped
- ½ cup mint leaves, chopped
- 1 cucumber, diced
- 2 tomatoes, diced
- 3 tbsp olive oil
- 2 tbsp lemon juice
- Salt & pepper to taste

Instructions

1. In a large bowl, combine quinoa, parsley, mint, cucumber, and tomatoes.
2. Whisk olive oil, lemon juice, salt, and pepper.
3. Toss salad with dressing and chill for 30 minutes before serving.

Nutrition (per serving)

Calories: 210 | Protein: 6g | Carbs: 29g | Fiber: 5g | Fat: 9g | Vitamin C: 45% DV