

Quinoa Tabbouleh Salad

INGREDIENTS (serving size: 7)

- 1 cup uncooked (dry) quinoa, rinsed
- 2 cups water
- 2 tablespoons chopped fresh mint
- 2 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon red onion, minced
- 2 teaspoons sherry vinegar
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- ½ cup finely diced seedless cucumber
- 1/3 cup red bell pepper, finely diced
- 1 cup flat leaf parsley, chopped
- 1 can (15 ounces) low-sodium chickpeas, drained

NUTRITION INFORMATION: 130 Calories; 5 grams Fat; 0.5 grams Saturated Fat; 0 mg Cholesterol; 180 mg Sodium; 17 grams Carbohydrates; 2 grams Fiber; 1 gram sugar; 4 grams Protein

DIRECTIONS

1. Cook quinoa in 2 cups water at a medium-high simmer for 12-15 minutes, stirring often. Drain the quinoa (this will yield 1 ½ cups) and chill.

2. In a small jar with a tight-fitting lid, combine the mint, olive oil, lemon juice, red onion, sherry vinegar, black pepper and salt; shake to combine.

3. Add cucumber, red bell pepper, chickpeas and parsley to quinoa, drizzle with the dressing and toss thoroughly to combine.

Chef Note: Apple cider vinegar or red wine vinegar may replace sherry vinegar.