

Quinoa Tabbouleh Salad

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 40 mins

Description

Cool refreshing vegetarian salad Great for picnics You can substitute water for the vegetable broth if desired

Ingredients

- - 2 cups vegetable broth - 1 cup quinoa - 1 cucumber
- chopped - 2 tomatoes
- chopped - ½ cup fresh parsley
- chopped - 2 green onions
- chopped - 2 tablespoons chopped fresh mint - 2 cloves garlic
- minced - ¼ cup olive oil - ¼ cup lemon juice - ½ teaspoon salt
- or to taste

Instructions

1. Bring broth and quinoa to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa is tender and water has been absorbed
4. about 15 minutes. Combine cucumber
5. tomatoes
6. parsley
7. green onions
8. mint
9. and garlic in a large bowl. Add quinoa
10. olive oil
11. lemon juice
12. and salt to cucumber mixture; toss to combine. Cover the bowl with plastic wrap and refrigerate until flavors combine
13. at least 1 hour.