

Quinoa Tabbouleh

2 cups water
1 cup quinoa
¼ cup olive oil
¼ cup fresh lemon juice
3 tomatoes, diced
1 cucumber, diced
2 bunches green onion, chopped
2 carrots, grated
1 cup fresh parsley, chopped
Freshly ground pepper
½ tsp salt

In a saucepan, combine water and quinoa. Bring to a boil. Reduce heat, cover and simmer for 12-15 minutes. Allow to cool.

Meanwhile, combine lemon juice, olive oil, tomatoes, cucumber, onion, carrots and parsley in medium bowl. Season with salt and pepper. Add quinoa and toss to coat. Serve.

Serves 6

Calories 190 Fat 11g Carbohydrate 20g Fiber 4g Sodium 190mg Protein 4g