

Adzuki Bean and Quinoa Tabbouleh Salad with a Twist

Yield: 6 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/adzuki-beans-african-recipe-indian>

Ingredients:

- 1/2 cup adzuki beans or use 1.5 cups cooked beans*
- 3/4 cup uncooked quinoa makes 2.5 cups cooked
- 1 cup fresh parsley packed, thick stems removed and minced
- 1/2 cup fresh cilantro packed, thick stems removed and minced
- 2 small tomatoes chopped, makes 1 & 1/4 cups
- 3 green onions large, chopped
- fine grain sea salt
- black pepper
- 1/3 cup red wine vinegar +, 1 tbsp, optional
- 1/4 cup extra virgin olive oil
- 2 garlic cloves minced
- fine grain sea salt
- ground pepper
- 1 tablespoon nutritional yeast optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 24 grams
3. Fat: 11 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 270 milligrams
8. Sugar: 1 grams

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