

Israeli Quinoa Chopped Salad

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-chopped-salad-recipe-food-network>

Ingredients:

- 2 cups cooked quinoa
- 1/2 cup cilantro minced
- 1/4 cup mint minced
- 1/2 cup parsley minced
- 1 1/2 teaspoons ground sumac
- 1 teaspoon ground cinnamon
- 1/2 cup olive oil
- 1 teaspoon garlic powder
- 4 tomatoes medium ripe, cored, seeded, and minced
- 1 cucumbers large, minced
- 1 red bell pepper stemmed, seeded, and minced
- 1 lemon juiced
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 23 grams
3. Fat: 19 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 140 milligrams
8. Sugar: 4 grams

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