

Mediterranean Khorasan Wheat Salad

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/near-east-tabouli-wheat-salad-recipe>

Ingredients:

- 1 cup wheat khorasan, cooked according to package instructions, can substitute farro or brown rice
- 1/3 cup red onion finely diced
- 1 zucchini large, cut into 1/4" dice
- 1/2 cup Kalamata olives roughly chopped
- 1 cup fresh tomato seeded and cut into 1/2" dice
- 1/3 cup sun dried tomatoes packed in oil drained, chopped
- 2 cups cooked chicken from leftover rotisserie or grilled chicken
- 1/3 cup currants optional
- 1 clove garlic minced
- 1 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 1/2 tablespoons balsamic vinegar
- 3 tablespoons extra virgin olive oil

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 60 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 390 milligrams
9. Sugar: 5 grams

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