

# Quinoa Tabbouleh Salad

Yield: 7 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-tabbouleh-recipe>

## Ingredients:

- 3/4 cup quinoa uncooked
- 1 1/2 cups fresh flat leaf parsley minced, about 2 large bunches
- 1 cup fresh mint minced, 1 small bunch
- 3 fresh tomatoes
- 1/4 cup scallions finely chopped, or onions
- 1/4 cup extra-virgin olive oil
- 1/4 cup lemon juice freshly squeezed, or more to taste
- 1/4 cup olive oil Fine mesh strainer, large skillet, small saucepan, bowl
- 3/4 teaspoon salt

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 16 grams
3. Fat: 17 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 270 milligrams
8. Sugar: 2 grams

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