

# Red Quinoa Tabouli

This red quinoa tabouli is a fresh, vibrant twist on the classic, packed with protein, fiber, and anti-inflammatory goodness. Loaded with crisp vegetables, bright herbs, and a zesty dressing, it's a nourishing dish that's as flavorful as it is wholesome. Enjoy it as a light meal, a hearty side, or a meal-prep staple that keeps you feeling good from the inside out!

## INGREDIENTS

1 cup red quinoa  
1 1/2 cups water  
1/2 pint grape tomatoes, quartered (about 1 cup)  
1/2 seedless cucumber, peeled and small dice (about 1 cup)  
1/2 bunch scallions, thinly sliced (about 1/4 cup)  
1 cup flat leaf parsley, de-stemmed, rough chop  
2 medium cloves garlic, minced

**DRESSING**

1/4 cup extra virgin olive oil  
2 lemons, juiced (about 1/4 cup)  
1/2 teaspoon salt

## STEP 1

Combine quinoa and water in medium pot. Cover and bring to a boil on medium high; reduce to simmer and cook until water is absorbed and grain is fluffy (about 8-10 minutes).

## STEP 2

Prep all vegetables and add to large bowl. When quinoa is done, combine with vegetables and toss.

## STEP 3

Add dressing ingredients directly to the bowl and toss.

## SERVES

4

## TIME

🕒 20m

## SHOPPING LIST

1 bag red quinoa  
1 pint grape tomatoes  
1 seedless cucumber  
1 bunch scallions  
1 bunch flat leaf parsley  
1 head garlic  
1 bottle extra virgin olive oil  
2 lemons  
salt

## EQUIPMENT

Small pot with cover  
Medium bowl

## STORAGE

Store in the fridge for 3-4 days