Herbed Quinoa Tabbouleh

Prep Time Total Time 15 mins 20 mins

6

Meal Type Contributed By Lunch.Dinner.Side

Source

Servings



Ingredients

- 1/4 cup fresh lemon juice
- 2 Tbs yellow miso paste
- 2 Tbs olive oil
- 3/4 cup quinoa
- 1 Bunch scallions, *chopped*
- 1 Bunch fresh parsley, *minced*
- 2 seedless cucumbers, unpeeled and diced
- 1 pnt cherry tomatoes
- 1/4 cup pepitas shelled pumpkin seeds
- salt, to taste
- pepper, to taste

Directions

Prep

- 1. Cook quinoa according to package instructions. Set aside in a bowl.
- 2. Mince scallions, mint, and parsley.
- 3. Peel and dice seedless cucumbers.
- 4. Halve cherry tomatoes.

Make

- 1. Whisk together lemon juice, miso and olive oil.
- 2. In a large bowl, toss together quinoa, scallions, mint, parsley, cucumbers, and tomatoes.
- 3. Drizzle with dressing, top with pumpkin seeds and season with salt and pepper to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
Nutrition Facts	Total Fat 8.8g	13%	Total Carbohydrates 23g	7%	* The percent Daily Value (DV) tells your how much a nutrient in a serving of food contributes to ta daily diet. 2,000 calories a day is used
	Saturated Fat 1.3g	6%	Dietary Fiber 4g	14%	
	Trans Fat 0.0g		Total Sugars 3g		
Calories 187	Cholesterol Omg	0%			
	Sodium 224mg	9%	Protein 7g		for general nutrition advice.

- Show all nutrients -

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