

Herbed Quinoa Tabbouleh

Prep Time 15 mins
Total Time 20 mins

Meal Type Lunch,Dinner,Side

Contributed By



Source [Living Plate](#)

Servings 6



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.

- Show all nutrients -

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