

Food Babe's Quinoa Tabbouleh Salad



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	30 mins	45 mins	4

<https://foodbabe.com/quinoa-tabbouleh-salad>

Ingredients:

- 1 cup quinoa, uncooked
- 1 large bunch fresh parsley, chopped
- 1/3 cup fresh mint, chopped
- 1 cup cherry tomatoes, sliced
- 1/4 yellow onion, finely chopped
- 1 teaspoon garlic clove, minced
- 1 tablespoon extra virgin olive oil
- 1 whole lemon, juiced
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper

Instructions:

1. Make quinoa according to package instructions.
2. While quinoa is cooking prepare rest of the ingredients in a bowl.
3. When quinoa is finished cooking combine all ingredients together and stir.

Notes:

- optional toppings: sheep's milk feta cheese or avocado