



## **Quinoa Tabbouleh Salad**

Recipe Courtesy Chef Bryan Woolley

2 cups quinoa, cooked and cooled  
1/3 cup cucumber, diced  
1/3 cup tomato, seeded and chipped  
2 tbsp + 2 tsp carrot shredded  
2 tbsp + 2 tsp red onion, chopped  
2/3 cup parsley, finely chopped  
1 tbsp + 1 tsp olive oil  
1 tbsp + 1 tsp canola oil  
2 tbsp lemon juice  
3/4 tsp salt

In large mixing bowl, combine cooked and cooled quinoa, cucumber, tomato, carrot, onion and parsley.

In measuring cup combine oils, lemon juice and salt.

Pour oil mixture over salad and toss until well combined.

Substitutions:

Omit carrot if needed

Can substitute chopped green onion for red onion

Can substitute chopped zucchini for cucumber

### **Nutrition Facts**

Yield: 3 cups

Serving Size: 1 cup

Calories:	550
Total Fat:	19g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	628mg
Carbohydrates:	83g
Dietary Fiber:	8g
Protein:	16g