



Dash
of
Wellness

Non-Traditional Tabbouleh

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& ENVIRONMENTAL SCIENCES

Ingredients

1 cup quinoa
4 tomatoes, washed & diced
4 green onions, washed & chopped
1 English cucumber, washed & finely
chopped
1-14.5 oz. chickpeas, drained &
rinsed
½ cup feta cheese

½ cup fresh mint leaves, chopped
1 bunch flat leaf parsley, chopped

Dressing

1/3 cup extra virgin olive oil
¼ cup lemon juice
1 clove garlic
½ tsp. pepper

Directions

1. Wash hands with soap and water.
2. Cook quinoa according to directions.
3. Combine cooked quinoa, vegetables, herbs, and cheese in a large bowl.
4. In a separate bowl, whisk together lemon juice, garlic, and pepper. Slowly add oil while mixing.
5. Combine oil mixture with quinoa blend. Refrigerate covered 30 minutes before serving for best flavor. **Yield:** 12-1 cup servings

Nutrition Facts (per serving): 150 calories, 9 grams fat, 140 milligrams sodium, 14 grams carbohydrate, 4 grams fiber, 0 grams added sugar, 5 grams protein.

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