



## Quinoa tabbouleh

Laura Kelsch, DAVIS, CA

SERVES 4 | 30 MINUTES

- ½ cup quinoa
- ½ tsp. kosher salt
- ⅛ tsp. pepper
- 1 garlic clove, minced
- 2 tbsp. each extra-virgin olive oil and lemon juice
- 1 bunch curly parsley, chopped
- 1 small tomato, chopped
- 1 cup chopped English cucumber
- ¼ cup crumbled feta cheese

- 1. Cook** quinoa according to package directions. Transfer to a bowl to cool slightly.
- 2. Mix** remaining ingredients in a large serving bowl. Add quinoa and stir gently to combine. Serve with grilled lamb or beef kebabs, if you like.

**PER ¾-CUP SERVING** 177 CAL., 51% (91 CAL.) FROM FAT; 5 G PROTEIN; 10 G FAT (2.6 G SAT.); 17 G CARBO (2.3 G FIBER); 352 MG SODIUM; 8.3 MG CHOL.