

Lemony Quinoa Tabbouleh

[Lisa Turner](#)

[Delicious Living](#)

Quinoa stands in for traditional bulgur in this gluten-free grain salad. Like the original, it's packed with parsley, which detoxes the kidneys and prevents water retention. The light, lemony dressing loosens mucus and draws toxins from the liver.

Gluten Free, Vegan, Quick

Recipe Yield: 4 servings

Recipe Calories: 237

Recipe Cook Time: 20 minutes

Recipe Ingredient Details:

1 cup quinoa (well rinsed and drained)

1 1/2 cups water

3/4 cup parsley (finely chopped)

4 scallions (thinly sliced crosswise)

1 cup grape tomatoes or cherry tomatoes (halved)

2 tablespoons minced fresh mint

Juice of 1/2 lemon (about 2 tablespoons)

1 large clove garlic (pressed)

2 tablespoons olive oil

Cayenne pepper (to taste)

Recipe Instructions: Combine quinoa and water in a medium saucepan; bring to a boil, reduce heat, cover, and cook on medium-low for 20 minutes, or until all water is absorbed and quinoa is fluffy. Transfer to a plate to cool. Combine parsley, scallions, tomatoes, and mint in a medium bowl; stir in cooled quinoa. In a small bowl, whisk together lemon juice and garlic. Whisk in olive oil and season to taste with cayenne pepper and sea salt. Pour dressing over quinoa mixture and toss well. Serve immediately, or refrigerate for 1–2 hours and serve chilled.

Recipe Additional Notes:

PER SERVING: 237 cal, 9g fat (6g mono, 2g poly, 1g sat), 0mg chol, 7g protein, 32g carb, 5g fiber, 13mg sodium

Thu, 2012-03-01 16:27

Source URL: <http://deliciousliving.com/recipes/lemony-quinoa-tabbouleh>