

Quinoa Tabbouleh

Ingredients:

- 1 1/2 cups of quinoa
- 1/2 tsp of turmeric
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1 tbsp mushroom seasoning (optional)
- 2 1/4 cups water
- 1 bunch of parsley
- 3 tomatoes
- 3 cucumbers
- 1 cup chopped olives
- 1/2 red onion, diced
- 1 can of chickpeas
- 1/2 cup of green onions
- 3 lemons
- 2 tbsp. olive oil
- 2 tsp salt



*VEGAN



*GLUTEN-FREE

Nutrition Facts

14 servings per container	
Serving size	1 cup (222g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 148mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Wash quinoa or soak ahead to remove excess starch. Put into the instapot or rice cooker with the turmeric, garlic powder, onion powder, and mushroom seasoning. Add 2 1/4 cups of water. Set to multigrain option on normal for 30 minutes.
2. While the quinoa is cooking chop up the tomatoes, cucumbers, olives, red onion, and green onion into bite size pieces. Mince the parsley into small pieces. Wash the chickpeas from the can.
3. Once the quinoa is cooked let cool in the fridge. Once cooled, add the chopped ingredients.
4. Juice the 3 lemons and add the olive oil and salt to mix. Put over the salad and mix well. Salt to taste.