



## The Kitchen at Second Harvest

# Quinoa Tabbouleh

try at home recipe

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### Ingredients

- 1 cup quinoa, rinsed
- 1/2 teaspoon kosher salt
- 2 tbsp lemon juice
- 1 garlic clove, minced
- 1/2 cup extra-virgin olive oil
- Freshly ground black pepper
- 1 large cucumber, cut into 1/4" pieces
- 1 pint cherry tomatoes, halved
- 2/3 cup chopped flat-leaf parsley
- 1/2 cup chopped fresh mint
- 2 scallions, thinly sliced

### Directions

1. Bring quinoa, 1/2 teaspoon salt, and 1 1/4 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.
2. Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.
3. Spread out quinoa on a large rimmed baking sheet; let cool. Transfer to a large bowl; mix in 1/4 cup dressing.
4. Add cucumber, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper. Drizzle remaining dressing over.

**Yield: 6 servings**

Find more recipes, free classes,  
and ways to get involved!



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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



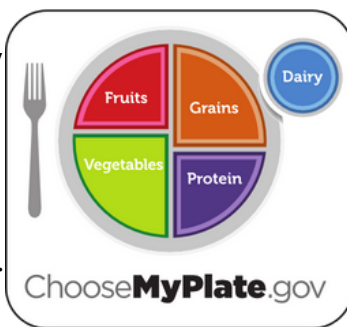
**Protein** includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



## Cooking Tips

- DO AHEAD: Quinoa can be made 1 day ahead. Cover and store dressing and quinoa separately; chill.
- Try with other veggies such as bell peppers or red onion.

**Second Harvest is an equal opportunity provider.**



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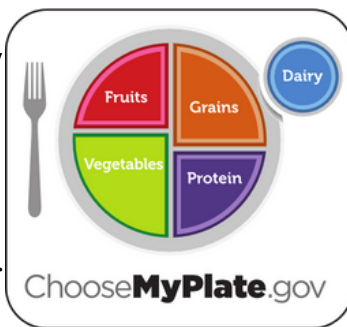
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## Nutrition Facts

Nutrition Facts	
6 servings per container	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 2.7g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	

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