

QUINOA TABBOULEH SALAD



DIFFICULTY

EASY



TIME

50 MIN



SERVES

6-8

INGREDIENTS

4 Cups of Cooked Quinoa
3 Tbsp of Oregano Vinaigrette OR 2 Tbsp Olive Oil and 1 Tbsp Apple Cider Vinegar
1 Cup Cherry Tomatoes, cut in half
½ Red Onion, thinly Sliced
4 small Persian Cucumbers, cut into quarters lengthwise and slice ¼"
½ Cup finely chopped Parsley
½ Cup coarsely chopped Mint
1 tsp Lemon Zest
1 Cup Spinach Leaves
Freshly Cracked Pepper
Lettuce Leaves
Optional-sliced black olives

Ingredients for Lemon-Oregano Vinaigrette

½ Cup Avocado or Olive Oil
2 Tbsp Apple Cider Vinegar
2 Tbsp Lemon Juice
1 tsp Lemon Zest
1 tsp Honey
1 tsp Garlic or Shallot, chopped
1 tsp Dried Oregano
¼ tsp Sea Salt
¼ tsp Black Pepper

DIRECTIONS

1. Mix together vinaigrette into the quinoa
2. Fold in all of the other ingredients

NUTRITION FACTS PER SERVING

Calories: 350 Fat: 35.6g Carbohydrates: 272g Fiber: 6.3g Sugar: 7.5g Protein: 4.9g



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