



Quinoa Tabbouleh with Fresh Herbs

Serves: 4-6

Tabbouleh is a traditional Middle Eastern salad, originally made with bulgur wheat, fresh herbs, and vegetables. In this Fox Valley-style adaptation, protein-rich quinoa replaces bulgur, making the dish gluten-free and increasing its nutrient density. Quinoa is a pseudocereal packed with complete protein, fiber, vitamins, minerals, and antioxidants — particularly manganese, folate, magnesium, and vitamin B6 — which support digestion, bone health, and metabolic wellness. The fresh herbs—parsley, mint, and dill—add antioxidants, vitamin C, and vitamin K, which contribute to heart health and immune support. Olive oil and lemon juice provide heart-healthy fats and vitamin C, respectively. This quinoa tabbouleh is a vibrant, nutrient-rich salad perfect for balanced meals or side dishes aligned with Fox Valley Food for Health's nutritious eating goals.

1 cup organic quinoa, rinsed
2 cups water
¼ teaspoon salt
¾ cup fresh parsley, finely chopped
½ cup fresh mint, finely chopped
½ cup fresh dill, finely chopped
½ cup green onions, thinly sliced
1 cup organic cherry tomatoes, halved
1 cup organic English cucumber, diced
¼ cup extra-virgin olive oil
½ cup fresh lemon juice
1 tablespoon lemon zest
1 tablespoon minced garlic
Salt and pepper, to taste

1. In a saucepan, combine the quinoa, water, and salt. Bring to a boil. Reduce heat, cover, and simmer for 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and cool completely.
2. In a large bowl, combine the cooled quinoa, parsley, mint, dill, green onions, cherry tomatoes, and cucumber.
3. In a small bowl, whisk together the olive oil, lemon juice, and minced garlic.
4. Pour the dressing over the quinoa mixture and gently toss to combine. Season with salt and pepper to taste.
5. Cover and refrigerate for at least 30 minutes to meld flavors. Serve chilled or at room temperature.