



## RED PEPPER & QUINOA TABOULEH

A very healthy quinoa grain, lots of fresh herbs, vegetables, lemon, and olive oil. It is hard to conceive of a healthier, easier salad, side, or snack.

A Lo-TECH Foodways Recipe

**PREP TIME:**  
30 MINUTES

**SERVES:**  
6½ CUPS

**SERVING:**  
1 CUP

### INGREDIENTS:

- 1 cup Uncooked quinoa (3 cups cooked)
- 2 Bunches fresh parsley (1½ cups chopped, stems discarded)
- 2 tbsp Fresh mint, chopped
- 1 cup Red bell pepper, chopped small (1 large pepper)
- 1 cup Onion, finely chopped (1 medium onion)
- 6 tbsp Extra-virgin olive oil [to taste]
- 6 tbsp Lemon juice
- 1 tbsp Salt
- ½ tsp Black pepper



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**PREPARATION:**

1. Bring quinoa and twice as much water to a boil, salting water as desired. Cover and simmer for 10-15 minutes
2. Stir olive oil and lemon juice in to quinoa. Combine with all other ingredients
3. Season with salt and pepper. Adjust to taste.
4. Serve immediately or chill in the refrigerator for 2 hours before serving

**TIPS:**

- Leftovers can be refrigerated and eaten within a few days for best taste. Discard after 7 days
- Barley, bulgur, and brown rice can all be used instead of quinoa

**NUTRITION INFORMATION (PER 1 CUP SERVING):**

Calories: 200 Total Fat: 14g (22% DV) Saturated Fat: 2g (9% DV) Protein: 4g  
Sodium: 1100mg (46% DV) Total Carbohydrate: 18g (6% DV) Fiber: 2g (10% DV)

Funded by USDA Supplemental Nutrition Assistance Program through the State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.

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