

CHICKPEA & QUINOA

Tabbouleh

Ingredients:

- ¾ cup (130g) quinoa, uncooked
- 1 (14 oz.) (400g) can chickpeas, drained
- 2 medium tomatoes, diced
- 1 small cucumber, diced
- 1 cup (60g) parsley, chopped
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- salt & pepper



Directions:

- Cook the quinoa according to the instructions on packaging. Once cooked, drain and set aside.
- In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar.
- Season to taste with salt and pepper and place in the refrigerator to chill.
- Best served chilled. Store refrigerated in an air-tight container for up to 2-3 days.

Enjoy!

