



Makes 6 cups
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

4 cups fresh parsley leaves
(about 2 bunches)

2 cups cooked quinoa

1 cup cherry tomatoes, halved

1 Persian cucumber, cut into
½-inch dice (1 cup)

1 cup pomegranate arils

1 cup thinly sliced scallions

3 tablespoons lemon juice

Sea salt, to taste

Freshly ground black pepper, to
taste

Quinoa Tabbouleh with Pomegranate Seeds

While tabbouleh is most commonly made with bulgur wheat, you can make a gluten-free version using **quinoa** or another cooked gluten-free grain. This pomegranate-studded version is incredibly satisfying as a light lunch or a side dish served with other Middle Eastern favorites such as **falafel** and hummus. The aromatic combination of parsley and scallions pair well with cooling cucumber and juicy cherry tomatoes so each bite is bursting with refreshing flavor. A simple dressing of lemon juice, salt, and pepper tie everything together to create a delicious dish you won't want to put down.

For more vegan Middle Eastern recipes, check out these tasty ideas:

- [Mujadara Bowls with Parsley-Tahini Sauce](#)
- [Middle Eastern Pita Pocket Sandwiches](#)
- [Falafel Waffles with Tomato Salad and Tahini Sauce](#)
- [Thanksgiving Tabbouleh Salad](#)

By Nirvaan Thacker

- 1 In a food processor pulse parsley to the size of rice grains.
- 2 In a medium bowl stir together parsley and the remaining ingredients. Taste and adjust seasoning. Serve at room temperature or chilled.