

Dash's Lemon and Herb Quinoa Tabbouleh

Plant Based for Life, www.pbforlife.com

Ingredients

- 2 cups cooked quinoa
- ½ cup cilantro or parsley
- ½ cup red bell pepper
- ½ cup cucumber
- ½ cup tomato
- ½ cup celery
- ½ to 1 lemon juiced
- Pepper to taste

1. Small dice all vegetables and add whatever else you like.
2. Mix and cool for 30 minutes.



*Shared with permission.