

Quinoa Tabbouleh Salad

Ingredients:

- 1 cup cooked quinoa
- 1/2 cup parsley, finely chopped
- 1/4 cup mint, chopped
- 1/4 cup tomatoes, diced
- 2 tbsp red onion, diced
- Juice of 1 lemon
- 1 tbsp olive oil
- Salt to taste

Instructions:

1. Combine everything in a large bowl and toss.

2.Let sit 10 minutes for flavors to combine.

Benefits:

Detoxifying and refreshing with anti-inflammatory herbs.