



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **PARSLEY**

### Tabbouleh with Quinoa

#### Ingredients

2 bunches parsley, stems removed, leaves chopped small

1 ½ cup tomatoes, seeds removed, small dice

¼ cup minced red onion

1 cup quinoa, cooked

½ cup lemon juice

2 tbs olive oil

1 clove garlic, minced

1 tsp salt

#### Directions

In a small bowl, combine the salt, garlic, olive oil, and lemon juice. Set aside. In a larger bowl, combine the chopped parsley, tomatoes, onion, and quinoa. Pour the olive oil mixture over the parsley mixture and combine until well blended.