

Quinoa and Chickpea Tabbouleh



Cook $\frac{1}{4}$ cup quinoa according to package directions,
and toss in a bowl with the following:

$\frac{1}{2}$ cup chopped tomato

$\frac{1}{2}$ cut chopped cucumber

$\frac{1}{4}$ cup chopped parsley (I also added some fresh mint)

$\frac{1}{2}$ cup drained and rinsed canned low-sodium chickpeas

2tsp olive oil

2tsp lemon juice

(you could also add some feta or vegan cheese for more flavor)