

# Try a new grain

Bored by rice? Introduce quinoa into your gluten-free diet for a welcome change of pace. It's fun to watch this grain “pop” as the bran layer separates from the grain. Plus, it cooks in only 15 minutes!

This ancient Aztec grain is protein-packed and boasts a nutty flavor.

Just be sure to buy it pre-rinsed or rinse it first to prevent a bitter flavor.



Find more gluten-free resources at  
[clevelandclinic.org/nutrition](https://clevelandclinic.org/nutrition)

Recipe created by Digestive Disease Institute registered dietitians.

# Quinoa Tabbouleh

## Makes 6 servings

- 1 ½ cups cooked quinoa
- 2 cups seeded and diced tomatoes
- 1 cup diced seeded cucumber
- 1 cup chopped fresh flat leaf parsley
- ½ cup chopped onion
- 3 tablespoons chopped fresh mint
- 1 large garlic clove, chopped
- juice of 1 fresh lemon
- 2 tablespoons olive oil
- ½ teaspoon black pepper

1. Combine quinoa, tomatoes, cucumber, parsley, onion, mint, garlic and black pepper.
2. Mix lemon juice, olive oil and add to tabbouleh. Toss until well mixed.



### NUTRITIONAL INFORMATION (PER SERVING):

Calories: 131

Saturated Fat: 0.7 g

Protein: 3 g

Dietary Fiber: 3 g

Carbohydrate: 17.5 g

Sodium: 144 mg

Fat: 5.5 g

Calcium: 75.6 mg