



Quinoa Tabbouleh with Eggplant

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

528 Calories

43.15 g fat

943 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 cup quinoa, rinsed
- 1 lemon, zested and juiced
- 1/4 cup olive oil**
- 1/2 cup thinly sliced green onions, white and green parts
- 1/2 cup fresh mint leaves, chopped
- 1/2 cup fresh flat-leaf parsley, chopped
- 1 cucumber, seeded and diced into 1/2 inch pieces
- 1 cup cherry/grape tomatoes, halved
- 1 cup crumbled feta
- 1 medium eggplant, cut into 1/2 inch rounds
- 3 TB olive oil**
- Salt & Pepper, to taste**

DIRECTIONS:

1. Pour **2 cups water** into a medium saucepan and bring to a boil. Rinse **quinoa** under running water until water runs clear. Add the **rinsed quinoa** to the boiling water, lower the heat to a simmer, cover and cook for 10-12 minutes, until the grains are tender and pop open.
2. Lemon Dressing: In a small bowl, add the **lemon zest** and **juice of 1 lemon**. Whisk in **1/4 cup olive oil**, **1/4 tsp salt** and **1/4 tsp pepper**. Drain the **quinoa** and place in a large bowl and immediately add the **lemon dressing**, tossing to combine.
3. Thinly slice the white & green parts of the **green onions**, discarding the root end. Roll the **mint** and **parsley** into a ball and chop. Halve the **cucumber** and slice into 1/2 inch half moons. Rinse and halve the **tomatoes**. Add the prepped produce to the large bowl of **cooked quinoa**, tossing to combine. Carefully fold in the crumbled **feta**. Serve at room temperature or refrigerate and serve cold.
4. Slice **eggplant** into 1/2 inch rounds. Season with a pinch of **salt** and **pepper**. Heat **3 TB olive oil** in a large non stick skillet over medium heat. Cook **eggplant** 5 minutes on each side until tender. Serve cooked **eggplant** over **tabbouleh** salad.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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