

Quinoa Tabbouleh (Low FODMAP)



Discover our delicious low FODMAP quinoa tabbouleh recipe, perfect for individuals following this diet. Indulge in this light and refreshing dish, filled with flavors and easy to prepare. A delightful option for all tabbouleh lovers.

Preparation 10 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 240

Fat 10

Carbohydrates 31

Fibre 5

Protein 8

Sodium 150

Ingredients

- 500 ml (2 cups) water
- 250 ml (1 cup) quinoa
- 2 Roma tomatoes
- 1 English cucumber
- 1 bunch curly parsley

- 3 green onions, green part only
- 30 ml (2 tbsp) olive oil
- The juice of one lemon
- Pepper and salt, to taste

Note: Traditional tabbouleh is made with cracked wheat which is a grain rich in FODMAP. By substituting quinoa, this version provides a low FODMAP recipe suitable for people with irritable bowel syndrome who are on an eviccion diet.

Preparation

1. Place water and quinoa with a pinch of salt in a saucepan. Bring to a boil and reduce to a simmer for 10 to 15 minutes or until the liquid is completely absorbed.
2. Chill quinoa in refrigerator (or freeze for a quicker option).
3. Dice tomatoes and cucumbers. Finely chop parsley and green onion.
4. Mix quinoa with vegetables, herbs, oil and lemon juice. Season with salt and pepper to taste.
5. Serve the salad with grilled meat or fish.

Notes

Keeps for 5 days and does not freeze.



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