

Roasted Vegetable & Quinoa Tabbouleh

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Servings: 4

Serving Size: About 1 1/2 cups

Ingredients:

1 medium eggplant, cut into 1/2 inch cubes
 2 medium zucchinis cut into 1/2 inch cubes
 1 cup dry quinoa
 3/4 teaspoon salt, divided
 3/4 teaspoon pepper, divided
 1 1/2 tablespoons grape seed oil
 2 tablespoons extra virgin olive oil
 2/3 cup fresh mint, chopped
 1/3 cup cilantro, chopped
 1 cup grape tomatoes, halved
 1/2 red onion, diced

1 cup cooked chickpeas
 2 tablespoons lemon juice

Directions:

1. Preheat oven to 450 degrees.
2. Place eggplant and zucchini cubes in a bowl then add 1 1/2 tablespoons grapeseed oil and toss to coat.
3. Spread the eggplant and zucchini cubes in a single layer on a large rimmed baking sheet and sprinkle evenly with 1/4 teaspoon both salt and pepper.
4. Roast for 20 minutes, stir and roast another 5-10 minutes or until veggies are tender and browned.
5. While veggies roast, cook your quinoa by combining 1 cup quinoa and 2 cups water in a pot. Bring to a boil, then reduce to low and cook for 12-15 minutes or until done.
6. While your quinoa and veggies continue to cook, whisk together olive oil, salt, pepper, and lemon juice in a medium bowl.
7. Add the onions and chickpeas and let marinate while your quinoa and veggies cook.
8. Allow veggies and quinoa to cool slightly – about 5 minutes.
9. Combine quinoa, roasted veggies, tomatoes, cilantro, and mint in a large bowl.
10. Add the chickpea-onion mixture and all the marinade to the quinoa-veggie mixture and toss well to combine before serving.

Tips and Tricks:

I like this meal with a side spinach or arugula salad or with some Crispy Kale. It also makes a great side dish for lunch, brunch and entertaining! Serve at room temperature or cold.

Nutritional Information Per Serving:

Calories: 410.6
Fat: 15.9 g
Cholesterol: 0.0 mg
Sodium: 637 mg
Total Carbohydrate: 60.4 g
Dietary Fiber: 11.8 g
Sugars: 2.6 g
Protein: 11.8 g