



Tabbouleh Salad with Steel Cut Oats



SERVINGS

4



COOKING TIME

0 min

Transform traditional tabbouleh salad by incorporating hearty steel-cut oats for a nutritious twist that adds texture and depth to this Middle Eastern favorite.

Ingredients

- 1/4 cup [Quaker® Steel Cut Oats - Traditional](#), Cooked and rinsed
- 3 cups parsley, finely chopped
- 1 clove garlic, grated (optional)
- 1 cup Heirloom tomato, ripe, small diced
- 1/4 cup white onion, chopped
- 2-3 lemons, 2 juiced and 1 zested
- 1/4 cup chopped mint
- 1 bunch green onions
- 1/4 cup olive oil
- 3/4 tsp or to taste kosher salt

Cooking Instructions

1. Cook Steel Cut Oats per package instructions.
2. Let cool and rinse under cold water.
3. Transfer to a large bowl, and toss with the garlic, lemon zest and juice, parsley, mint, tomatoes, green onions, olive oil and salt.
4. Allow to marinate in the refrigerator for a few hours.
5. Taste and adjust seasoning.