

Tabbouleh Salad with Steel Cut Oats

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

How to make it

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.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	0 min	15 min	4

Made with



Quaker® Steel Cut Oats - Traditional