

Tabouli Recipe (Tabbouleh)



Ingredients List for Salad

- 1 cup quinoa (cooked)
- ½ cucumber (finely chopped)
- 2 green onions (bulb and stock finely chopped)
- 6-7 fresh mint leaves (finely chopped)
- 1 bunch curly parsley (Italian or regular parsley is fine also) approximately ¼ cup

Ingredients List for Dressing

- 2 tbsp fresh squeezed lime juice strained through mesh sieve
- 4tbsp sunflower oil (I prefer sunflower over olive oil since it is milder and slightly sweet)
- Pinch of salt and pepper to taste

Mix all fresh ingredients together in a medium size bowl.

You can use a small mason jar to mix dressing ingredients together before gently pouring over the salad mix. Toss or mix with large spoon until dry ingredients are fully covered with dressing.

Let stand in fridge for about an hour before serving to let the spices and other ingredients work their magic together! Enjoy as a side, alone or wrapped in lettuce or with pita chips or pita bread. I added a garnish of Trader Joe's dolmades because they just taste great with this salad!

SERVINGS: This recipe makes approximately 3 cups.