



Equipment:

Mixing bowl, storage containers

Makes:

4-6 servings

INGREDIENTS:

- 4 cups parsley, very finely chopped (~2-3 large bunches of parsley)
- ¼ cup fresh mint, very finely chopped (or 1 tsp dried mint)
- 2 cups tomatoes, very finely chopped (~4 medium tomatoes)
- ¼ cup onions, very finely chopped
- ¼ cup cooked quinoa **Note: The traditional recipe uses crushed wheat (i.e. burghul) however quinoa can be used as a gluten-free alternative or omitted altogether.**
- ~1/4 cup lemon juice (~1 lemon)
- ½ cup extra virgin olive oil
- 1 ½ tsp salt
- ⅛ tsp black pepper

TABBOULI (PARSLEY SALAD)

The king of all Lebanese salads, this gluten-free version uses quinoa instead of crushed wheat.

DIRECTIONS

1. In an air-tight container lined with paper towel, add the chopped parsley, top it with mint, and store in the refrigerator until ready to serve.
2. In a separate container, add the tomatoes, onions and optional quinoa and store in the fridge until ready to serve.
3. Just before serving, in a large mixing bowl add the tomato mixture and combine with the lemon juice, olive oil, salt and pepper. Adjust the salt and lemon juice to taste.
4. Add the parsley and mint mixture to the tomatoes and combine well. Serve immediately or store in the fridge in an air-tight container for 1 to 2 days.

Unjunk Tip: Tabbouli is typically served with romaine lettuce leaves or scooped in small bites with pita bread. Instead, enjoy scooping spoonfuls of tabbouli onto crunchy red or white cabbage leaves as a way to get in more cruciferous vegetables to support the body's natural detoxification processes.

**Tip: The parsley and mint must be as fresh as possible, washed well and dried before being chopped.*