



TABBOULEH SALAD

By Dr. Cindy Tanzar
(Standard)

Tabbouleh (or Tabouli) is probably the most loved of Mediterranean/Middle Eastern salads. It is a simple salad of finely chopped vegetables and lots of fresh parsley, all tossed with lemon or lime juice and olive oil. Traditionally, Tabbouleh contains a little bulgur wheat or quinoa (for a gluten-free version), but you can still enjoy the same fresh flavors without it. The true star of Tabbouleh is the finely chopped parsley, which holds up well with the citrus dressing. It's even better the next day, as the flavors marinate together. Although there are many different versions of Tabbouleh, this recipe is a favorite at Genesis Health Solutions.

This recipe yields 2-3 servings. Two cups cover your vegetable and fat for one meal.



INGREDIENTS

- 1 large cucumber, diced
- 4 Roma tomatoes, diced
- 1 small/medium red onion finely diced
- 3 parsley bushels, finely diced
- 1 tsp. garlic, minced



Zest and juice of 1 lemon (or lime)
1/2 cup extra virgin olive or avocado oil
1/2 tsp. Pink Himalayan salt
1/4-1/2 tsp. freshly ground pepper

Optional

3 oz. grilled protein (chicken, salmon, steak, etc.)
1/8-1/4 cup red wine vinegar (can use balsamic on maintenance)

INSTRUCTIONS

In a large bowl combine cucumber, tomatoes, onion, parsley and garlic. In a separate bowl combine lemon juice, lemon zest, oil, salt and pepper (and vinegar, if using) and mix well. Pour the dressing over the salad and toss to evenly coat.