

Recipe – Tabbouleh

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Ingredients:

- 1 cup cooked grain such as millet or quinoa
- ½ cup fresh lemon juice
- 1 bunch scallions, finely sliced
- 4 cups flat-leaf parsley, finely chopped
- ½ cup fresh mint, chopped or 2 TBS dried
- 3 ripe tomatoes, seeded and chopped
- 2/3 cup chickpeas
- 6 TBS olive oil
- salt and pepper to taste

Directions:

Follow directions on the package for cooking the grain, can be slightly undercooked

Toss with scallions, tomatoes, parsley, chickpeas and mint

Make a dressing by whisking together the lemon juice with the olive oil and pour over the grain mixture while still warm (this prevents clumping)

Add salt and pepper to taste

Adjust seasonings with additional lemon juice and/or oil as necessary