



TABOULEH

Traditional Mediterranean salad

 15 minutes

 1 hour

 4 portions

INGREDIENTS

- 1.5 cups chopped of parsley, fresh [90 g]
- 1/2 cup of wild rice, raw [80 g]
- 1/2 chopped cup [1/2" pieces] of cauliflower, raw [54 g]
- 1/4 medium head [about 5" dia] of cabbage, red, raw [210 g]
- 12 large spears [7-1/4" to 8-1/2"] of asparagus, raw [240 g]
- 1/2 cup, chopped of tomatoes, orange, raw [79 g]
- 1/4 cup of nuts, pistachio nuts, dry roasted, without salt added [31 g]
- 1/2 unit yields of lemon juice, raw [24 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1/4 unit, bone and skin removed of chicken, roasting, meat only, raw [239 g]

COOKING METHOD

- 1° In a medium saucepan, boil 1 cup of water. Once boiled, add rinsed black Japonica rice and cook on simmer with the lid on for 40 minutes.
- 2° Heat 1 tbsp olive oil in a large skillet, then add 1 bunch of asparagus and cherry tomatoes. Season with salt and pepper, and cook on medium-high for 4-5 minutes. The tomatoes will start to appear wrinkled, and once soft, remove from heat. Leave asparagus for another 4 minutes until slightly golden on each side. Then set aside to cool. Cut asparagus into smaller pieces once cooled.
- 3° Chop roughly 1/4 of a cauliflower. Add to a food processor and pulse until it resembles rice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [265 g]	% DRI
ENERGY	97 kcal	256 kcal	13 %
FAT	3 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	7 %
CHOLESTEROL	15 mg	39 mg	13 %
SODIUM	33 mg	87 mg	4 %
CARBOHYDRATE	10 g	26 g	9 %
SUGARS	2 g	5 g	—
FIBER	2 g	6 g	22 %
PROTEIN	8 g	20 g	—