

## TABOULEE

\*Voted BEST recipe by our patients and employees. This is served at all of our functions.

2 c. cooked Quinoa (whole)

4 Scallions, chopped

1 green pepper

½ red pepper

1 onion

1 cucumber

1 bunch parsley

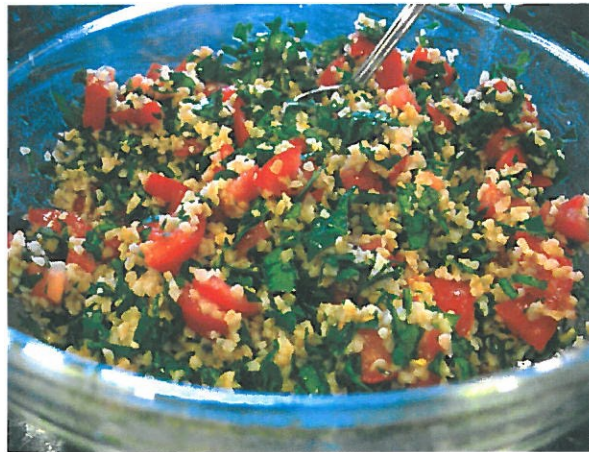
½ cup olive oil

Salt to taste

Juice of 1 ½ - 2 lemons

1 clove garlic, crushed

4 large tomatoes



All ingredients to be chopped and combined.

Can be used as a side dish or as a stuffing in a whole grain and toasted pita pocket. For extra protein, add cubes of Gouda cheese.