Basmati tabbouleh salad

COOK TIME	10 min
PREP TIME	10 min
MAKES	6 servings

A variety of Middle Eastern and Asian influences enliven this flavorful tabbouleh recipe, which is made with organic Basmati rice—a staple of Indian meals. Mint, lemon zest and parsley add fragrant accents to this refreshing salad.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Brown Basmati Rice
- 1 cup cucumber, peeled, seeded, & chopped
- 1/2 cup fresh mint, chopped
- 1 Tbsp. fresh lemon juice
- 1 small clove garlic, finely chopped
- 1/8 tsp. black pepper
- 4 roma tomatoes, seeded and chopped
- 1/2 cup fresh parsley, chopped
- 1 tsp. lemon zest
- 1 Tbsp. extra-virgin olive oil
- 1/4 tsp. salt

DIRECTIONS

1. Empty contents of SEEDS OF CHANGE™ Organic Brown Basmati Rice in large bowl, breaking apart any large pieces.
2. Stir in tomatoes, cucumber, parsley and mint.
3. In 1-cup measure, whisk together remaining ingredients.
4. Pour over rice mixture and stir to combine. Serve immediately or cover and refrigerate up to 2 hours.

NUTRITION INFO

Column 1	Column 2
Servings	6
Calories (per serving)	100
Total Fat	3.5g
Total Fat % Daily Value	4%
Saturated Fat	0.5g
Trans Fat	0%
Total Fat % DV	4%
Saturated Fat % DV	3%
Trans Fat % DV	0%
Cholesterol	0mg
Cholesterol % DV	0%
Sodium	85mg
Sodium % DV	4%
Total Carbohydrate	16g
Dietary Fiber	1g
Sugars	2g
Total Carbohydrates % DV	6%
Dietary Fiber % DV	4%
Protein	2g

You might also love...

Seven-grain salad with fresh herbs & italian vinaigrette

Cook time

0 min

Prep time

15 min

Thai lettuce wraps with sticky cashews

Cook time

5 min

Prep time

15 min

Whole grain greek salad with cucumber, radish & mint

Cook time

5 min

Prep time

15 min

Mediterranean walking buddha bowl

Cook time

1.5 min

Prep time

5 min

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