protein greens tabbouleh



cook time:	prep time:	featured product:
10	**15**	**PROTEIN GREENS**

tabbouleh just got a whole lot tastier with our PROTEIN GREENS tabbouleh salad recipe! tabbouleh is a classic middle eastern, vegetarian dish made with herbs, spices and finely chopped vegetables. enjoy our twist on this classic recipe made with our PROTEIN GREENS! chickpeas add in an extra layer of healthy protein you can enjoy in this dish. this tabbouleh salad recipe is a great side for any meal, or make a large bowl to take to your next holiday event!

ingredients

4 servings

1 package (5 oz) **organicgirl© PROTEIN GREENS** ?
¼ cup fine bulgur, dry
1 medium tomato
1 can (15 ounces) chickpeas, drained and rinsed
½ cup lightly-packed mint leaves, finely chopped
2 green onions
2 tablespoons fresh lemon juice
2 tablespoons olive oil
½ teaspoon fine sea salt
¼ teaspoon cinnamon
¼ teaspoon black pepper
pinch cayenne pepper

substitutions

? *substitute with* **baby arugula**

directions

1. chop greens finely and slice green onions.

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2. dice tomato finely.

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3. squeeze enough lemon juice for 2 tablespoons.

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4. in a small bowl, place bulgur. pour ? cup boiling water over it and let sit 10 minutes.

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5. if there is any unabsorbed water in bulgur after 10 minutes, drain it off. in a large bowl combine greens, bulgur, tomato, and green onion.

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6. add chickpeas, mint, cinnamon, cayenne, lemon juice, oil, salt, and pepper. toss to combine.

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