The Super Healthy Tabbouleh Salad

If you are looking for healthy vegan salad recipe that will boost your immune system and is low in calories, you should try one of my favourite salads, which is tabbouleh, its one of the most famous salads in the Middle East and is becoming vey popular here too. With a bit of chopping skills and few simple ingredients you enjoy a nutritious yet a fresh, amazing tasting salad! The main ingredients are:

- ✓ Parsley: is the main ingredient and is rich in vitamin C and other antioxidants and vitamin K.
- ✓ Tomatoes: a source of the antioxidant lycopene, vitamin C, potassium, folate and vitamin K.
- ✓ Onions: which have both antioxidant and anti-inflammatory benefits, including vitamin C.
- ✓ Bulgur: is a fiber rich whole grain
- ✓ Lemon: contain a high amount of vitamin C, and soluble fiber
- ✓ Olive oil: is a healthy fat that contains antioxidants and has anti-inflammatory properties.

Ingredients (good for 6 servings as appetizer).

- 3 bunches of curly parsley
- 2-3 ripe firm tomatoes (Roma tomatoes or on the vine)
- 1 small sized yellow onion
- ¼ cup extra fine bulgur wheat
- ¼ cup water
- 2 freshly squeezed lemons (about ¼ cup lemon juice)
- ⅓ cup extra virgin olive oil
- ¼ cup fresh minced mint leaves optional
- Salt to taste

Instructions:

1. In a small bowl combine the bulgur with water and let it soak for about 15 min at least.
2. Wash the parsley thoroughly and dry it well, I like using the herb spinner for that, then use the kitchen towel to pat dry any excess water. Finely chop the parsley after making sure it is dry to avoid having wilted parsley. Place it in a large bowl.
3. Finely chop the tomatoes and yellow onions and add them to the parsley.
4. In a small bowl, whisk together olive oil and lemon juice, salt and minced fresh mint (optional) until well combined.
5. Pour the dressing mixture and bulgur over the chopped vegetables and toss them to combine.
6. I like to serve it cold with romaine hearts lettuce (I like stuffing the lettuce leaves with a spoon or two of the tabouleh salad and eat it by hand, so good! But watch out and hold your plate under to avoid spilling the yummy dressing on yourself (trust me it happened many times with me), or you can just serve the lettuce on the side and enjoy!

* For a grain-free option, you can substitute the bulgur for cooked quinoa.