

### **TABOULI (Parsley Salad)**

½ cup bulgar wheat (may substitute quinoa) or boxed tabouli mix.

3 bunches parsley, washed and dried

3 bunches green onions, finely chopped

3 tomatoes, chopped

½ cup fresh mint leaves, finely cut with scissors

½ cup or more lemon juice

½ cup or more extra virgin olive oil

Cook bulgar in water about 20 minutes. Drain. Chop parsley finely in batches in a food processor. Mix together all ingredients. Cover and refrigerate several hours before serving.

Parsley is probably the richest food source of glutathione, an excellent Detoxifier. It also protects the eye lens against cataracts.