

RECIPE OF THE WEEK

Winter Tabbouleh

Ingredients

- One large head of broccoli with stems – chopped coarsely
- 3 medium Roma tomatoes – chopped finely
- English cucumber – peeled and chopped finely
- 3 green onions – chopped finely
- 1 cup loosely packed fresh flat-leaf parsley leaves – chopped finely
- ½ cup loosely packed fresh mint leaves – chopped finely
- 1 pinch ground allspice
- 1 pinch ground cinnamon
- 1/4 cup fresh lime juice
- 1/4 cup extra virgin olive oil
- 1 garlic clove – crushed
- 1 small lime – cut into wedges



Preparation

1. Process the broccoli including the stems until finely chopped.
2. Transfer to a large bowl and mix in tomatoes, cucumber, green onions, parsley, and mint
3. For the dressing, combine allspice, cinnamon, juice, and half the oil in a small bowl and season to taste
4. Drizzle dressing over salad
5. Divide salad into separate bowls and serve with lime wedges
6. Bon Appetit!

