



CELEBRATE SALAD!

HEMP SEED TABOULI

ORIGINAL RECIPE FROM MARILYN CHIARELLO

Although this is delicious alone, it can be served over arugula, spinach, or any salad greens, or arranged with baby bok choy as pictured.



Salad:

2 bunches parsley
handful fresh mint leaves
1 cup chopped tomatoes
½ cup hemp seeds
½ cup chopped yellow onion

Dressing:

½ cup fresh lemon juice
½ cup sesame tahini
2 Tbs water
½ teaspoon Celtic or Himalayan sea salt (or to taste)
5 cloves garlic
½ tsp. ground cumin
¾ tsp. ground coriander

1. Combine dressing ingredients in a blender and blend at high speed until smooth.
2. Chop parsley and mint in food processor with the S-blade. If using the parsley stems, put them in first and pulse them pretty small.
3. Transfer to a large mixing bowl and add the tomatoes, hemp seeds and onion. Mix.
4. Pour the dressing on top of hemp salad and toss to mix well. If too “wet” add more hemp seeds.

Note: This oil-free dressing is also nice drizzled over steamed broccoli or asparagus.