

Gluten Free Tabbouleh Salad

by Angie Ouellette-Tower

<http://godsgrowinggarden.com/>

3 or 4 medium tomatoes (washed and diced - with the stem base cut out first)
1 large cucumber (preferably an English cucumber) (peeled and diced)
1 medium vidalia onion (peeled and chopped)
1 large green bell pepper (optional) (washed, seeded and chopped)
2 cups of parsley (or more to taste) (washed and chopped) (**measure the parsley before chopping**)
juice of 1 lemon
2 tablespoons of olive oil (or more to taste)
millet (usually available in the natural section of your grocery store)(see NOTE below on how to prepare millet)
sea salt or garlic salt (to taste) (regular table salt may be substituted)
ground black pepper (to taste)

NOTE: To prepare millet take 1 cup dry millet and place in a pan with 1 teaspoon olive oil and saute/toast over medium heat until it is light brown in color (this step brings out the nutty flavor of millet). Then boil 2 cups of water and pour the toasted millet into the boiled water in a saucepan (it's OK if there's still a little oil left in the pan from sauteing - just add that to the water also). Place saucepan over low heat - stir & cover. Simmer for 25 to 30 minutes - or until desired texture is achieved. Allow cooked millet to totally cool before making the salad.

1. Prepare the millet & set aside to cool.
2. Prepare the vegetables as described above
3. Stir the vegetables, cooked & cooled millet, lemon juice and olive oil together and then season to taste with garlic salt and pepper

ENJOY!!

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