

## Tabbouleh

Servings: 6

### INGREDIENTS

- 4 oz Rykoff Sexton™ Piemonte rice and grain blend, cooked
- 1 oz Rykoff Sexton extra-virgin olive oil
- 4 oz Thirster® lemon juice
- 4 c Cross Valley Farms® parsley, chopped
- 1 T Cross Valley Farms garlic, chopped
- 6 oz Cross Valley Farms cucumber, seeded and diced
- 6 oz Cross Valley Farms tomatoes, seeded and diced
- 3 oz Cross Valley Farms mint, chopped
- tt salt and pepper

### PREPARATION

On a sheet pan, spread out grain blend to dry completely. Mix all remaining ingredients into grains.

Season to taste. Refrigerate until use.

