

## TABOULI

Makes about 6 cups of salad

Ingredients:

For the salad:

6 bunches fresh Parsley, washed and chopped

2 cups cherry tomato halves

½ cup Hemp seed

½ cup sweet onion, minced

For the dressing:

½ cup lemon juice

1 ripe avocado

½ teaspoon sea salt

5 cloves garlic, peeled

Directions:

1. To make the salad, wash the parsley, remove the stems and cut the leaves into small pieces.
2. Place the parsley in a large mixing bowl and add the tomato, hemp seeds, and onion.
3. Mix these ingredients together with a spatula or wooden spoon.
4. In a blender combine the dressing ingredients and blend until smooth.
5. Pour the dressing over the salad, mix well and serve.

Storage:

This salad will keep well in the refrigerator for 3 days but is best eaten in the first 2 days as the parsley continues to break down.

Nutrition:

According the World's Healthiest Foods website:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=100>. Parsley is the world's most popular herb! It contains two types of unusual components that provide unique health benefits. The first type is volatile oil components—including myristicin, limonene, eugenol, and alpha-thujene. The second type is flavonoids—including apiiin, apigenin, crisoeriol, and luteolin.

Parsley's volatile oils—particularly myristicin—have been shown to inhibit tumor formation in animal studies, and particularly, tumor formation in the lungs. Myristicin has also been shown to activate the enzyme glutathione-S-transferase, which helps attach the molecule glutathione to oxidized molecules that would otherwise do damage in the body. The activity of parsley's volatile oils qualifies it as a "chemoprotective" food, and in particular, a food that can help neutralize particular types of carcinogens (like the benzopyrenes that are part of cigarette smoke and charcoal grill smoke).

The flavonoids in parsley—especially luteolin—have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent oxygen-based damage to cells. In addition, extracts from parsley have been used in animal studies to

help increase the antioxidant capacity of the blood. Read more about the amazing benefits of parsley at the above website.

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