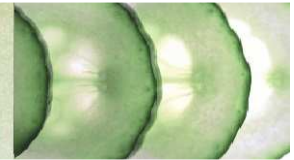


Sara Galipeau

Registered Holistic Nutritionist



Chickpea Chard Tabouleh

This grain-free twist on a Middle Eastern classic can be eaten as a side or a meal on its own. A flavourful introduction to detoxifying raw veggies, herbs, and sprouts, perfect for spring!

- ½ cup cooked organic chickpeas (drained & rinsed)
- 1 good-size leaf organic Swiss chard, de-ribbed and cut into approx. ½"x1" strips
- Small handful each organic mint leaves & organic curly parsley, chopped (approx. 2 Tbsp. each after chopping)
- ¼ organic red bell pepper, diced
- Handful organic mixed sprouts, approx. ⅓ cup
- 2 Tbsp. sprouted organic buckwheat
- Juice of ½ organic lemon
- 1½ Tbsp. organic extra-virgin olive oil
- Pinch of each sea salt & cayenne pepper

Combine all ingredients in a bowl or Pyrex container with a lid. Stir well, or cover with the lid and shake well to mix. For better flavour, let sit in the fridge for a few hours prior to serving. This salad can be made the night before or in the morning if serving for lunch. Serves 1 as a complete meal or 2-3 as a side.

Sara Galipeau, ARHN, NNCP
saragalipeau.ca