

Taboulleh (Serves 4)

$\frac{1}{4}$ cup cooked bulgur
5 medium sized tomatoes
8 leaves of romaine lettuce **or** cabbage
2-3 lemons
4 packages of fresh parsley
1 packet of fresh mint
4 Tbsp olive oil
1 Tbsp dry mint
Salt

Directions: Soak the bulgur in a bowl of cold water for one hour. Finely chop the mint and parsley. Cut the tomatoes and onions into small pieces and squeeze the lemon over the top. Mix all ingredients and add to the drained bulgur. Add the mixture to a serving bowl and garnish with lettuce **or** cabbage.

Calories: 183 Protein: 4 g Fat: 14g
Saturated Fat: <2 g Carbohydrate:
13g Fiber: 4 g Potassium: 756 mg
Calcium: 99 mg Vitamin C: 123 mg
Iron: 5 mg

California Vegetarian Rolls (Serving Size 2 rolls)

1 1/2-2 cups cooked brown rice
1 package Shirakiku Onigiri Nori (seaweed)
S & B Wasabi (prepared in tube)
1 ripe avocado
1 package alfalfa sprouts
1 small cucumber
5 oz Bragg Amino Liquid (soy sauce alternative)

Calories: 96
Protein: 2.6g
Fat: 3g
Carbohydrate: 12g
Fiber: 2g
Calcium: 12 mg
Iron: 2 mg
Vitamin C: 23 mg

Directions: Prepare rice according to package directions, or in a rice cooker. Cut seaweed sheets into 2 1/2" by 4". Finely slice the cucumber into long, thin spears. Cut the avocado into bite sized pieces. Prepare the sauce by mixing about 3 Tbsp Bragg Amino with 1/4-q/3 tsp wasabi. Add 1 Tbsp rice to a piece of seaweed and place the cucumbers, avocado, and alfalfa on top of the rice. Add a few drops of the sauce then wrap the seaweed around the ingredients.