

## Middle Eastern Keto Tabbouleh

### Description

*Very nutritious and healthy tabbouleh dish*

**Prep/total time:** Fifteen minutes

**Servings:** 6

### Ingredients

- 1/2 cup of extra-virgin olive oil
- 1/4 cup of lemon juice
- 1/2 teaspoon of gray sea salt
- 2 bunches of parsley, chopped
- 1 1/3 cup of Manitoba Harvest Hemp Hearts
- 3 tomatoes, diced
- 8 fresh green onions, finely diced
- 1/4 cup of chopped fresh mint
- 1 garlic clove, minced

### Instructions

1. Pour the lemon juice, olive oil, and sea salt into a large bowl.
2. Combine properly and add in the rest of the ingredients Combine to mix. Serve.