



Montana Gluten Free Processors
141 Andrea Dr.
Belgrade MT, 59714
(406) -600-7400

info@montanaglutentfree.com
<http://www.montanaglutentfree.com>

Mediterranean Tabbouleh

Ingredients:

1 cup Montana Gluten Free Rocky Mountain Rice
2 cups vegetable or chicken broth
2 Tbsp olive oil
1 Tbsp lemon juice
1 Tbsp shallot (minced)
1 tsp Dijon mustard
¾ cup cherry tomatoes (halved)
1 cup cucumber (seeded and chopped)
½ cup kalamata olives (chopped)
8oz cooked garbanzo beans
½ cup feta cheese
2 Tbsp parsley (minced)
1 Tbsp mint (minced)

Directions:

- Cook Rocky Mountain Rice in rice cooker or on stovetop until soft using broth instead of water.
- As rice cools, whisk olive oil, lemon juice, shallot, and mustard together in a large bowl.
- Add rice to bowl, toss to coat.
- Mix in remaining ingredients.
- Serve at room temperature or chilled.

Serves 4