

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 25: Avocado Tabbouleh

From Chef Hans: Frozen avocados hold up surprisingly well in this salad recipe! If you cannot find ripe, fresh avocados then don't be afraid to go the frozen route. Be sure to use a nice olive oil in this recipe as it works very well for this salad.

Serves 4 - 6

INGREDIENTS:

- 2 cups bulgur wheat, cooked and cooled
- 1 cup whole wheat vermicelli; broken, cooked, and cooled
- 2 Hass avocados; peeled, seed removed, and chop the soft inside (save the seeds to add to any leftovers) **OR** 2 cups frozen avocado chunks, slightly thawed
- 1 cup braised tofu
- 1 cup flat-leaf parsley, roughly chopped
- 4 cloves garlic, rough chopped
- Juice from 1 lemon (1 tablespoon lime juice or orange juice can be substituted)
- salt to taste
- ½ cup olive oil
- a bit of sliced avocado for garnish (optional)
- a sprig of parsley for garnish (optional)

ASSEMBLING THE SALAD:

Layer all ingredients, minus the garnish items, into your favorite salad bowl. Using salad tongs, gently mix the ingredients together. Spoon out onto salad plates and add the garnish options to each plate. Extra salt and pepper can be added, to taste. Feel free to drizzle with a little extra olive oil. This can be enjoyed right away or as leftovers. It can be refrigerated for a couple of days but be sure to save the avocado seed to keep in the salad as it helps the avocado from oxidizing too quickly (the lemon juice helps with this, as well). Enjoy!