IDEAL PROTEIN
POWERING *life* POSSIBLE

GRILLIN' & CHILLIN' RECIPE DAYS

Cucumber Tabbouleh Slaw

Ingredients:

Slaw portion

1 Cup sliced/diced peeled cucumbers

1 Cup shredded cabbage

1 Cup shredded curley parsley

2 Long stems diced green onion

2 Long stems diced chives

½ Cup diced peppers (red, yellow, and/or orange)

½ Cup diced tomatoes

Dressing:

½ Cup extra virgin olive oil

½ Cup lime juice or 2 fresh squeezed limes

Ideal Protein Salt to flavor

Directions:

1. Mix all vegetables and herbs together.

2. Blend dressing ingredients together.

3. Pour dressing over vegetables and toss gently to coat all.

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