



## Chia Tabbouleh Salad

You may have heard of tabbouleh, or even bought a little pricey package in the store, but did you know it's as good for you as it is tasty? With the help of chia seeds, you can make this fresh tasting side any time you want!

Bulgur wheat is as easy to cook as rice, but has a mild flavor. It's also packed with fiber, as is chia.

### Ingredients

1/2 cup bulgur wheat  
1/2 tomato  
1/4 peeled cucumber  
1/4 cup red onion  
1/4 cup fresh parsley  
1/4 cup fresh mint

### Dressing Ingredients

1/8 cup extra virgin olive oil  
1 tbsp fresh lemon juice  
1/4 tsp kosher salt  
1/8 tsp black pepper  
1 tsp dry MySeeds chia seeds

First, prepare the bulgur wheat. Simply pour the bulgur into a heat safe dish, and, using the microwave, heat 3/4 cup of water to a boil and pour it over the bulgur. Cover the dish and let it stand for 30 minutes. Because the stove or cooking isn't involved, you can simply do something else while you wait -- so easy! This will soften the bulgur & you can prepare the rest of the ingredients.

Dice the tomato half, the cucumber and the onion. Then, chop the fresh parsley & mint. If fresh mint isn't available, dried can be used. In a small bowl, combine the dressing ingredients & stir to mix well. Scoop the chopped vegetables on top of the parsley & mint mixture. Top with the dressing & bulgur, and toss gently until thoroughly coated. Serve this chilled.

## Zesty Lime Chia Salsa

Need a salsa to compliment your grilled chicken or fish? Try this colorful, healthy recipe! Two kinds of peppers & chili powder spice it up while cucumber & cilantro cool it down. The lime juice and zest help it taste fresh no matter how you use it. This can be served over meat, or eaten just as it is, as a side dish.



### Ingredients

1/2 can of black beans (rinse & drain)  
1/2 cucumber, seeded & chopped  
3/4 cup corn  
1/2 of 1 jalapeno pepper, minced  
1/4 of 1 red pepper, diced  
1 tbsp MySeeds Chia Gel  
1/2 of a large tomato

2 tbsp olive oil  
1/2 tsp chili powder  
2 tbsp lime juice  
2 tbsp chopped fresh cilantro  
1 clove garlic, smashed & minced  
1 tsp lime zest

In a large bowl, combine the beans, corn, and chopped vegetables. In a measuring cup, combine the olive oil, chili powder, lime juice, lime zest and chia gel. Stir to combine then pour over the other ingredients in the bowl. Stir to coat the salsa, then refrigerate for at least 1/2 an hour before you plan to serve.