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*by ewfood*

## Mediterranean Salsa

## Ingredients

1.5 oz. bulgur or quinoa  
8 cherry or grape tomatoes, halved  
½ shallot, finely chopped  
2oz. parsley, chopped  
0.5fl oz. red wine vinegar  
0.5 fl oz. olive oil  
1 oz. goats cheese

## Preparation

- 1 Cook the bulgur or quinoa according to the instructions on the pack
- 2 In a bowl mix the tomatoes and shallots with the oil and vinegar. Add the parsley. Toss with the bulgur or quinoa and salt and pepper to taste. Top it all off with the goats cheese
- 3 This is a simple salad that has the nutrients of an entire meal. It is full of nutrients and is great for a light dinner. It is easy enough to make and store in the fridge to use over two days or you can double the recipe and serve to friends when they pop over unexpectedly

## Cooks Note

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