



# Tabouli Lettuce Roll Up

155  
CALORIES

5g  
FAT

8  
SERVINGS

## INGREDIENTS

1 cup	Zone PastaRx Orzo	1/2 tsp	salt - to taste
6	Roma tomatoes - chopped small	2 tbsp	fresh-squeezed lemon juice
1 cup	cucumber - chopped small	2 tbsp	extra virgin olive oil
1 cup	parsley - minced		water - reserved pasta water as desired
1/2 cup	fresh mint leaves - minced		
1/2 cup	onion - chopped small	1	head Romaine lettuce leaves

## Tabouli Lettuce Roll Up: Instructions

1. Prepare Zone PastaRx Orzo according to package directions. Reserve 1/2 cup of liquid and drain. Set both aside to cool.
2. Chop the vegetables and herbs (excluding Romaine) and place in a bowl large enough to contain all recipe ingredients. Add the cold Zone PastaRx Orzo and season with salt. Mix gently.
3. Stir in the lemon juice and olive oil. Cover the tabouli and refrigerate for at least 30 minutes. If you like it more moist add the desired amount of pasta water and stir again.
4. Serve with the Romaine leaves.