



Tabbouleh

Ingredients:

- 2 cups cooked bulgur wheat
- ¼ cup lemon juice
- 3 Tbsp. olive oil
- 4 garlic cloves, minced
- ¼ cup chopped mint
- 1 cup chopped parsley
- 4 medium tomatoes, diced
- Salt and pepper (to taste)
- Feta cheese (optional)

Directions:

1. Combine the cooked bulgur, lemon juice, olive oil, and garlic in a bowl. Chill for 30 minutes.
2. Add the remaining ingredients, and season with salt and pepper to taste.
3. Garnish with crumbled feta cheese if desired.

Tip:

Try adding other ingredients such as diced cucumber, diced celery, chopped scallions, diced bell pepper, pine nuts, or chickpeas for more flavor.

Serves 8

Serving size: 1/2 cup

Did you know...

Bulgur is an ancient whole grain. It is a staple grain in Middle Eastern cuisine, and serves as an excellent source of fiber.

Nutrition Facts

Serving Size 0.50 cup(s) (130g)

Amount Per Serving

Calories 101 **Calories from Fat** 48

% Daily Value

Total Fat 5.4g 8 %

Saturated Fat 0.8g 4 %

Trans Fat 0.0g

Cholesterol 0.0mg 0 %

Sodium 10.3mg 0 %

Total Carbohydrate 12.5g 4 %

Dietary Fiber 3.2g 13 %

Sugars 1.9g

Protein 2.3g

Vitamin A 21 % Calcium 3 %

Vitamin C 36 % Iron 7 %